

WOMAN'S DAY[®]

LIVE WELL EVERY DAY[™]

celebrate america!

BBQ recipes,
patriotic treats,
4th of July fun



love your body
23 clever ways to
protect your health

no sweat!
7 easy moves to
a flat belly

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Head-turning hair

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KEITH LATHROP

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shoulders,
knees and
toes (knees
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Berry nice!

"Though one may be overpowered, two can defend themselves.
A cord of three strands is not quickly broken."

Ecclesiastes 4:12

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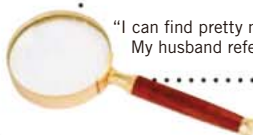
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What's your
hidden talent?



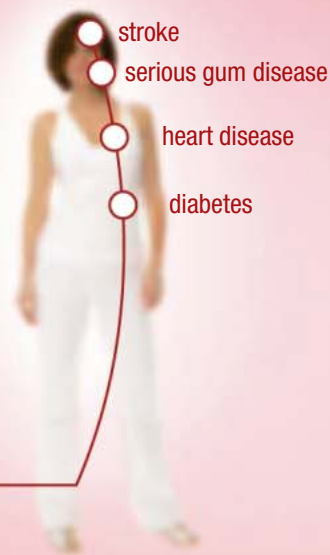
"I can find pretty much anything that's lost.
My husband refers to me as 'the hound.'"



"I can sleep anywhere.
In college, I once fell
asleep at a rock concert."



"I'm a great swimmer. I was on
a competitive team for 7 years."



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WOMAN'S DAY EDITORIAL AND ADVERTISING OFFICES: 1633 Broadway, New York, NY 10019

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What's your hidden talent?



"I can pick up just about anyone's accent in about 10 seconds. It drives my husband nuts when we're traveling!"



"Rationalizing why it's OK for me to have dessert."



"I'm a chef and baker in my spare time. I even decorate cakes as a hobby."



army wives



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all in a woman's day

by Jane Chesnutt, Editor-in-Chief



the future is now

We haven't been "just" a magazine for quite some time. If you haven't yet taken advantage of some of our offerings at *womansday.com*, now is an excellent time to do so. Our biggest thing is the tips database, where you scroll through tips on everything from how to get rid of a tomato sauce stain to saving big at the grocery store. We've also increased the number of giveaways (one a day, M-F), and our editors are blogging. You can follow executive editor Ellen Breslau as she attempts to save \$5,000 this year, or get beauty editor Melissa Matthews' behind-the-scenes take on looking prettier and younger. We've got a recipe of the day for all those times when your mind empties out at 5 P.M. and you have no idea what to make for dinner. You can make friends in the community section, sign up for our Reader Panel and/or our very popular newsletters, as well as check out our Facebook page. It's a lot—and it's all very *Woman's Day*.

My current favorite is one of our new Kitchen Bytes videos, where food and nutrition director Jackie Plant shows how to chop a pepper. I know, I know! Don't assume that it's deadly dull—go to *womansday.com/pepper* to see for yourself. It's like looking at a pepper for the very first time.

my favorite things

Here's the thing
about jury duty:
You grumble when
you get the notice;



then you go, and
suddenly being even
an alternate (as I
was earlier this year)
seems like a Grand
Civic Duty. I felt like
I was serving my
country—and it felt
good. This Fourth,
take a moment amid
all the hamburgers,
beer and fireworks
to truly honor
what this day is all
about; it will feel
beyond good.

SNEAK
PEEK

What you'll find in
the August 4 issue, on
sale July 7

SPECIAL MONEY-SAVING ISSUE
AGE-BY-AGE SAVINGS GUIDE Suze
Orman's dos and don'ts for women
in their 30s, 40s and 50s **GET GLAM
FOR LESS** Snag incredible beauty
bargains **STOP BUYING STUPID
STUFF!** Shop smart, put away more
cash **FEED YOUR FAMILY ON \$99
A WEEK** Delicious, low-cost meals

blogging it

Check out Daily Dose, written by our health editors, which posts at 1 P.M. every day. Then come back at 3 P.M. (M-W-F) for The Chic Sheet, to get beauty and fashion tips, and finish off your day at 5 P.M. with money advice from our editors on Money Talks. And don't forget to log on and leave us your comments!

If you find anything else
inside our bag, it's called your hand.

Just potatoes, all natural oil & a dash of salt.



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Tonight's Special

Bertolli
Mediterranean
Style
Chicken Rigatoni
+ Broccoli



Just one of a menu full of reasons to skip the Italian restaurant tonight. Bertolli® frozen meals.



live well

A large American flag is hanging from a wooden porch railing. The flag is positioned so that the stars are on the left side of the image. The porch has a wooden railing and a window is visible in the background. The scene is brightly lit, suggesting daytime.

take 5 minutes

Celebrate America! But be sure to hang Old Glory properly. According to the Department of Veterans Affairs, the “union” (stars) should always be to the viewer’s left, and the flag should never touch the ground.

how to

start the day right

If you're constantly hitting the snooze button, it may be time for an energy boost. Asa Andrews, MD, author of *Empowering Your Health*, tells you how to put more pep in your step first thing in the morning.

>> HAVE A BIG GLASS OF H₂O After sleeping for six to eight hours, you've lost a significant amount of fluids. "Hydrating yourself will perk you up," says Dr. Andrews.

>> DO JUMPING JACKS Just a few will help increase blood flow and pump your lymphatic system, which gives you a huge energy jolt.

>> EAT UP Tempted to skip breakfast? Don't. Having the right foods in the morning kicks energy levels and metabolism into high gear. If you're in a rush, try plain yogurt (protein), a handful of almonds (healthy fats) and an orange (carbohydrates and vitamin C). *Crystal Tate*



WD
LOVES...

Crisp cotton sundresses →
(Aéropostale; \$44.50)

Eating ice pops
with our kids

Air conditioning
on sweltering days

Sweet and juicy
summer fruit—
mangoes, melons,
peaches. Yum!

Planting
window boxes



GET INSPIRED!

A STITCH IN TIME

IN JANUARY 2005, Margaret Jankowski, a sewing teacher in Madison, Wisconsin, read an online article about a mom in India whose sewing machine and prospects for a tailoring business were destroyed by the tsunami. She was so moved that she went on the news and asked for donations. Margaret sent those 25 machines to an orphanage in Sri Lanka, helping girls there learn a trade. Following Hurricane Katrina she solicited more donations and sent 500 machines to New Orleans. For more, go to sewingmachineproject.org Melinda Dodd ▶



TOP RIGHT: JIM FRANCO/GETTY; STILL: TODD HUFFMAN.

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6 little home improvements to make this month

- 1** Get a deal on plants. Many garden centers mark down remainders now.
- 2** Prune shrubs and trim hedges to promote new growth.
- 3** Give your house a brand-new look by simply painting the front door another color.
- 4** Repair small cracks (less than ¼ inch) in a concrete driveway by applying concrete caulk.
- 5** Swap your old mailbox for a new, more decorative one.
- 6** Recycle grass clippings. Use them as mulch in your garden.



take a great photo

PICTURE AN ALBUM OF PERFECT vacation photos: no red eyes, cropped heads or blurriness. John Owens, editor-in-chief of *Popular Photography*, helps you take your best shot.

- >> Make sure the camera is on Auto mode to get the best exposure.
- >> Get in close. Fill the frame with the subject, not the environment.
- >> Stand with your back to the sun and your subject facing the sunlight.
- >> Hold the camera steady by placing your elbows against your sides. If it has a viewfinder, look through it.
- >> Place the camera's focus dot on the person's eyes, push the shutter halfway down to focus, then press all the way to snap the picture. *C.T.*

THE POWER JUST WENT OUT! WHAT NOW?

FIRST, LOOK OUTSIDE. "If it's your house only, it's probably a circuit breaker," says Susanne Garfield-Jones, California Energy Commission spokeswoman. Turn off major electronics, like TVs and computers, before flipping the switch or replacing the fuse so they don't blow when the power comes back on. **If fixing the circuit breaker**

doesn't restore power, call an electrician; it may be a wiring problem. In the future, make sure everything is plugged into a surge protector.

If your neighbor's power is out too, contact the utility company. Chances are your shared line is damaged. However, if the whole block is in the dark, call the utility's emergency number. *M.D.*

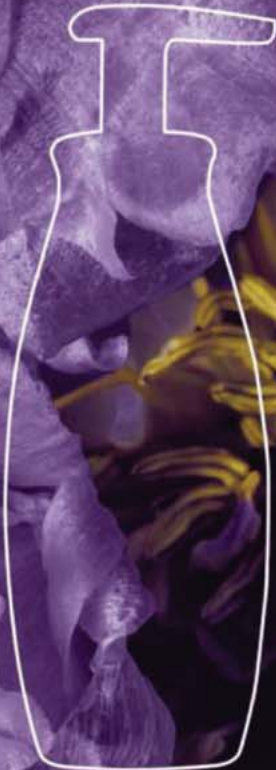
how to deal with a difficult person

Don't say something you'll regret! Instead, try these tips from clinical psychologist Nando Pelusi, PhD:

- First, acknowledge that the person seems bothered.
- Ask, "What are you upset about?" This shows that you want to communicate rather than argue.
- Stand up for yourself, but don't let emotions take over.
- Look for common ground. Ask what each of you can do to avoid these feelings in the future.
- Don't obsess. If you can find your way to harmony, great. If not, just let it go.

Abigail Cuffey ►

whatever the
inspiration bring it home.



affordable style for every sink.
new **Softsoap** brand ensembles



So you. So fabulous. So **Softsoap**.



HELP! MY CAR IS OVERHEATING

When you see the warning light, find a safe place to pull off the road. Turn off all accessories (air conditioner, radio, etc.), crank the heat full blast (it helps cool the engine) and let the car idle. If the light goes off after a few minutes, drive slowly to a nearby repair shop. If it stays lit, you see steam or smoke, or you just want to play it safe, shut off the engine and call a tow truck, but stay in the car while you wait, to stay safe from traffic. "Driving with an overheating engine could turn a \$100 hose repair into a \$3,000 engine replacement," says Michael Calkins, manager of Approved Auto Repair for AAA. *M.D.*

home safe home

ACCORDING TO THE Burglary Prevention Council, July is peak season for break-ins. Before you go away this summer, make sure to tick off everything on this checklist from Anndee Soderberg of ADT Security Services.

- ☐ Put indoor lights on a timer (available at hardware stores) and install motion-detecting outdoor floodlights.
- ☐ Trim bushes to make your house more visible.
- ☐ Cut back tree branches near windows; thieves may climb them to gain access.
- ☐ Have a neighbor get the mail and paper.
- ☐ Keep your curtains slightly open so it appears as if someone's home.
- ☐ Lock all windows and doors, especially the deadbolts.
- ☐ Leave a car in the driveway. *C.T.*

WHY WE LOVE... MEREDITH VIEIRA



* She adds an extra jolt of fun to the *TODAY* show.

* She's not afraid to be a little goofy sometimes.

* She tells it like it is.

* She seems like one of us. *wd*

Finally, something moms and sons agree on.



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OXY® MAXIMUM
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live well



Celebrate the red, white and blue

three cheers!



Hosting a BBQ? Hitting the parade route? We've got everything you need to make this year's Fourth of July a blast for you and your family.

MARCH ON

There's nothing like a good hometown parade. But with the crowds, heat and noise, it can quickly become a little overwhelming. We asked parade coordinators at some of the country's best small-town celebrations for their parade-savvy tips.

do your research Know when and where the street closures and parking restrictions are. Check the parade route ahead of time to locate the best viewing spot, and peruse the schedule of events (before and after the parade). The town's website will have that info.

dress the part Most parades have a theme, like "America's Historical Moments," so dress for the occasion.

bring cash, in small bills Prepare your wallet—and your kids—for vendors selling items along the route. (Let kids pick out one small item or bring along your own mini-flags/toys.) Many towns also charge a nominal entrance fee or sell fundraising items to help pay for parade costs, so donate or buy what you can.

select your spot carefully and stake it out early. Put out your folding chair to mark your area and most people will respect that. If you don't like being sprayed with water or don't want your kids running into the street to pick up candy thrown from the floats, sit away from the curb. Have a secret stash of candy in your bag so they don't feel like they're missing out.

identify restroom locations That way you won't have to go hunting for them. And bring your own toilet paper, just in case.

bring a fanny pack or backpack, not a purse. You're less likely to set it down and forget it. Stock your bag with water, hats, sunscreen, tissues, toilet paper, antacids and headache remedy.

prep kids for loud noises You'll hear the bagpipers and rifles coming—give kids a one-minute warning to cover their ears. ►

Special thanks to George Hawkins, former mayor of Gatlinburg, TN, which has the country's first Fourth of July parade (it starts at 12:01 A.M.); Susan M. Klein, director of the Mad River Valley Chamber of Commerce and parade coordinator for Warren, VT; and Mary Ann Blackmur, parade chair for Hingham, MA.




nothing says america like...


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*Like any
intimate relationship,
treatment for your
vaginal discomfort
after menopause
doesn't have
to be superficial.*





PREMARIN Vaginal Cream restores vaginal tissues after menopause, to help relieve dryness and even painful intercourse.

If you've gone through menopause and are experiencing vaginal dryness and discomfort, you might want to learn more about PREMARIN Vaginal Cream. Menopause can cause changes in vaginal tissue, resulting in uncomfortable symptoms. PREMARIN Vaginal Cream treats the underlying cause of these symptoms and can restore the tissues that provide elasticity and lubrication. And you don't need to keep using it forever; just as long as you need treatment.

Important Safety Information

What is the most important information you should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Estrogens may increase the chance of getting cancer of the uterus. Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your health care provider should check any unusual vaginal bleeding to find out the cause.
- Do not use estrogens with or without progestins to prevent heart disease, heart attacks, strokes, or dementia. Using estrogens, with or without progestins, may increase your chance of getting heart attacks, strokes, breast cancer, and blood clots. Using estrogens, with or without progestins, may increase your chance of getting dementia, based on a study of women age 65 years or older. You and your health care provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream.

PREMARIN Vaginal Cream is used after menopause to treat menopausal changes in and around the vagina and painful intercourse caused by these changes.

PREMARIN Vaginal Cream should not be used if you have unusual vaginal bleeding, have or had cancer of the breast or uterus, had a stroke or heart attack, have or had blood clots or liver problems, are allergic to any of its ingredients, or think you may be pregnant. Most common side effects include headache, infection, abdominal pain, back pain, accidental injury, and vaginitis.

Please see Patient Information on following page. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Ask your health care professional about a cream that helps relieve and restore,



HELP RELIEVE AND RESTORE WHAT'S YOURS

GET \$15 OFF YOUR PRESCRIPTION AT WWW.PREMARINVAGINALCREAM.COM

PATIENT INFORMATION

PREMARIN® (conjugated estrogens) Vaginal Cream

Read this PATIENT INFORMATION before you start using PREMARIN Vaginal Cream and read what you get each time you refill your PREMARIN Vaginal Cream prescription. There may be new information. This information does not take the place of talking to your healthcare provider about your menopausal symptoms and their treatment.

What is the most important information I should know about PREMARIN Vaginal Cream (an estrogen mixture)?

- Estrogens may increase the chances of getting cancer of the uterus.
- Report any unusual vaginal bleeding right away while you are using PREMARIN Vaginal Cream. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- Do not use estrogens with or without progestins to prevent heart disease, heart attacks, strokes or dementia.

Using estrogens, with or without progestins, may increase your chance of getting heart attacks, strokes, breast cancer, and blood clots. Using estrogens, with or without progestins, may increase your chance of getting dementia, based on a study of women age 65 years or older. You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream.

What is PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is a medicine that contains a mixture of estrogen hormones.

What is PREMARIN Vaginal Cream used for?

PREMARIN Vaginal Cream is used after menopause to:

- **Treat menopausal changes in and around the vagina.** You and your healthcare provider should talk regularly about whether you still need treatment with PREMARIN Vaginal Cream to control these problems.
- **Treat painful intercourse caused by menopausal changes of the vagina.**

Who should not use PREMARIN Vaginal Cream?

Do not start using PREMARIN Vaginal Cream if you:

- **Have unusual vaginal bleeding.**
- **Currently have or have had certain cancers.**

Estrogens may increase the chance of getting certain types of cancers, including cancer of the breast or uterus. If you have or have had cancer, talk with your healthcare provider about whether you should use PREMARIN Vaginal Cream.

- **Had a stroke or heart attack.**
- **Currently have or have had blood clots.**
- **Currently have or have had liver problems.**
- **Are allergic to PREMARIN Vaginal Cream or any of its ingredients.**

See the list of ingredients in PREMARIN Vaginal Cream at the end of this leaflet.

- **Think you may be pregnant.**

Tell your healthcare provider:

- **If you have any unusual vaginal bleeding.** Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find the cause.
- **About all of your medical problems.** Your healthcare provider may need to check you more carefully if you have certain conditions, such as asthma (wheezing), epilepsy (seizures), diabetes, migraine, endometriosis, lupus, or problems with your heart, liver, thyroid, kidneys, or have high calcium levels in your blood.
- **About all the medicines you take.** This includes prescription and nonprescription medicines, vitamins, and herbal supplements. Some medicines may affect how PREMARIN Vaginal Cream works. PREMARIN Vaginal Cream may also affect how your other medicines work.
- **If you are going to have surgery or will be on bedrest.** You may need to stop using PREMARIN Vaginal Cream.
- **If you are breast feeding.** The hormones in PREMARIN Vaginal Cream can pass into your milk.

How should I use PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is a cream that you place in your vagina with the applicator provided with the cream.

- Take the dose recommended by your healthcare provider and talk to him or her about how well that dose is working for you.
 - Estrogens should be used at the lowest dose possible for your treatment only as long as needed. You and your healthcare provider should talk regularly (for example, every 3 to 6 months) about the dose you are taking and whether you still need treatment with PREMARIN Vaginal Cream.
1. Remove cap from tube.
 2. Screw nozzle end of applicator onto tube.
 3. Gently squeeze tube from the *bottom* to force sufficient cream into the barrel to provide the prescribed dose. Use the marked stopping points on the applicator to measure the correct dose, as prescribed by your healthcare provider.
 4. Unscrew applicator from tube.
 5. Lie on back with knees drawn up. To deliver medication, gently insert applicator deeply into vagina and press plunger downward to its original position.

TO CLEANSE: Pull plunger to remove it from barrel. Wash with mild soap and warm water.

DO NOT BOIL OR USE HOT WATER.

What are the possible side effects of PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream is only used in and around the vagina; however, the risks associated with oral estrogens should be taken into account.

Side effects are grouped by how serious they are and how often they happen when you are treated.

Serious, but less common side effects include:

- Breast cancer
- Stroke
- Blood clots
- Gallbladder disease
- High blood pressure
- High blood sugar
- Cancer of the uterus
- Heart attack
- Dementia
- Ovarian cancer
- Liver problems
- Enlargement of benign tumors of the uterus ("fibroids")

Some of the warning signs of these serious side effects include:

- Breast lumps
- Dizziness and faintness
- Severe headaches
- Shortness of breath
- Changes in vision
- Yellowing of the skin, eyes, or nail beds
- Unusual vaginal bleeding
- Changes in speech
- Chest pain
- Pains in your legs
- Vomiting

Call your healthcare provider right away if you get any of these warning signs, or any other unusual symptoms that concern you.

Less serious, but common, side effects include:

- Headache
- Irregular vaginal bleeding or spotting
- Nausea and vomiting
- Fluid retention
- Reactions from inserting PREMARIN Vaginal Cream, such as vaginal burning, irritation, and itching
- Breast pain
- Stomach/abdominal cramps, bloating
- Hair loss
- Vaginal yeast infection

These are not all the possible side effects of PREMARIN Vaginal Cream. For more information, ask your healthcare provider or pharmacist.

What can I do to lower my chances of getting a serious side effect with PREMARIN Vaginal Cream?

- Talk with your healthcare provider regularly about whether you should continue using PREMARIN Vaginal Cream.
- If you have a uterus, talk with your healthcare provider about whether the addition of a progestin is right for you. The addition of a progestin is generally recommended for a woman with a uterus to reduce the chance of getting cancer of the uterus. See your healthcare provider right away if you get vaginal bleeding while using PREMARIN Vaginal Cream.
- Have a pelvic exam, breast exam and mammogram (breast X-ray) every year unless your healthcare provider tells you something else. If members of your family have had breast cancer or if you have ever had breast lumps or an abnormal mammogram, you may need to have breast exams more often.
- If you have high blood pressure, high cholesterol (fat in the blood), diabetes, are overweight, or if you use tobacco, you may have higher chances for getting heart disease. Ask your healthcare provider for ways to lower your chances for getting heart disease.

General information about the safe and effective use of PREMARIN Vaginal Cream

Medicines are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use PREMARIN Vaginal Cream for conditions for which it was not prescribed. Do not give PREMARIN Vaginal Cream to other people, even if they have the same symptoms you have. It may harm them. **Keep PREMARIN Vaginal Cream out of the reach of children.**

Latex or rubber condoms, diaphragms and cervical caps may be weakened and fail when they come into contact with PREMARIN Vaginal Cream.

This leaflet provides a summary of the most important information about PREMARIN Vaginal Cream. If you would like more information, talk with your healthcare provider or pharmacist. You can ask for information about PREMARIN Vaginal Cream that is written for health professionals. You can get more information by calling the toll free number 1-800-934-5556.

What are the ingredients in PREMARIN Vaginal Cream?

PREMARIN Vaginal Cream contains a mixture of conjugated estrogens, which are a mixture of sodium estrone sulfate and sodium equilin sulfate and other components, including sodium sulfate conjugates: 17 α -dihydroequilin, 17 α -estradiol, and 17 β -dihydroequilin. PREMARIN Vaginal Cream also contains cetyl esters wax, cetyl alcohol, white wax, glyceryl monostearate, propylene glycol monostearate, methyl stearate, benzyl alcohol, sodium lauryl sulfate, glycerin, and mineral oil.

PREMARIN (conjugated estrogens) Vaginal Cream—Each gram contains 0.625 mg conjugated estrogens, USP.

Combination package: Each contains a net wt. 1.5 oz (42.5 g) tube with one plastic applicator calibrated in 0.5 g increments to a maximum of 2 g (NDC 0046-0872-93).

Store at 20° to 25°C (68° to 77°F); excursions permitted to 15° to 30°C (59° to 86°F) [see USP Controlled Room Temperature].

This product's label may have been updated. For current package insert and further product information, please visit www.wyeth.com or call our medical communications department toll-free at 1-800-934-5556.

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Easy Summer School At Home!

Research shows that children can lose nearly an entire grade level of learning during the summer months. Moms all over the U.S. use SmartyCard for fun, educational games and rewards. SmartyCard helps children ages 7-12 stay sharp while they *earn* their favorite books, DVDs, music and access to the most popular virtual worlds. Here's how it works: 1. Enter code WD at www.smartycard.com to receive 2500 free points. 2. Your child earns online and real rewards by completing grade-specific educational games and quizzes, and 3. Login and follow your child's progress to make sure they're ready for the new school year. SmartyCard is the fun way for your children to learn and earn this summer.

Ringling Ears? Blurry Vision?

Try our natural, homeopathic products! Ring Relief® helps annoying ringing, buzzing or unexplained noises in ears (Tinnitus). Blur Relief® helps blurriness (Presbyopia), night vision problems, dry eyes, and "floaters". Available: CVS, Duane Reade, Giant Eagle, Fred Meyer, King Soopers, Kinneys, Kroger, Pathmark, Walgreens, Wal-Mart Supercenters. Ask your pharmacist or call 1-888-969-6855; www.trpcompany.com



Keep Your Stone Surface Clean & Shiny

Protect your investment with Rock Doctor—your complete stone care system. It works on granite, marble, Corian, Silestone and other stone surfaces. Rock Doctor enhances the vibrant colors of your surface and is gentle enough to use every day in your kitchen and bath. These products work beautifully! Available at Lowes, Bed Bath & Beyond, Canadian Tire. Visit www.rockdoctor.net for other retailers and a valuable \$2 mail-in rebate coupon. For information call 1-800-543-8371.

The Most Of Moisture...Now With Added Sun Protection!

Palmer's Cocoa Butter Formula Moisturizing Gel Oil with SPF 15 is an advanced all-over-body gel moisturizer that is perfect for after bath or on dry skin as needed. This unique fast-absorbing formula contains an exclusive blend of Palmer's 100% pure Cocoa Butter, Vitamin E, Shea Butter, Jojoba Oil and SPF 15 to moisturize, soothe and protect skin. Smoothes unattractive marks and scars and promotes healthy, radiant-looking skin while providing effective UVA/UVB protection. Visit www.palmerscocoabutter.com.

Breakthrough Skin Technology

Palmer's, known for quality formulas for over 160 years, introduces Palmer's Cocoa Butter Formula Skin Therapy Oil. This multi-purpose skin perfection product contains pure Cocoa Butter, Vitamin E, Sesame Oil, and Rose Hip Oil. Skin care for dry skin, scars, stretch marks, uneven skin tone, and more. This unique "dry-oil" formula also improves skin tone and texture. Visit www.palmerscocoabutter.com.

Make Your Skin Top Priority

Give dry, uncomfortable skin a treat with Palmer's Cocoa Butter Formula. Enriched with Vitamin E in a soothing emollient base, this unique moisturizer heals and softens rough, dry skin. Use over any dry area for smooth and silky skin results. An excellent all-over-body moisturizer and after tanning butter. Also available in fragrance free formula. Visit www.palmerscocoabutter.com.

healthHOMEbeauty





SPIN ART

Cut out a 6" paper square. Draw an X from corner to corner; cut along the lines, stopping 1" from the center. Gather every other corner to the center, stick a pushpin through them and into a straw in the back. Attach a pencil eraser to hold in place. For a printable pinwheel, go to womansday.com/pinwheel

"Patriotism is..."

"...that lump in your throat when you hear 'The Star-Spangled Banner.'"

Lynn Cuda,
Little Falls, NY

"...like motherhood. You love it and you try to keep it on track."

Patience Mason,
High Springs, FL

"...listening to other people's ideas because you know yours will be heard. Helping those in need because being 'of the people and for the people' means we care for each other, no matter what our beliefs."

Jahnine Spaulding,
Travis Air Force Base, CA



sparkling fruity punch

SERVES 16

**1 bottle (64 oz)
pomegranate-cherry
juice or cranberry juice
cocktail**

**1 quart strawberries,
hulled and quartered**

**1 pint each blueberries
and raspberries**

**1 navel orange, thinly
sliced**

1 small cucumber

2 liters sparkling water

Ice cubes

1. In a large pitcher, combine juice with berries and orange slices. Chill for 1 hour.

2. To serve, peel cucumber and cut lengthwise in half. Remove seeds and cut into thin slices. Stir cucumber slices and sparkling water into juice mixture. Serve over ice.

3. Stir in a few shots of vodka, if desired.

3 REASONS TO CELEBRATE (EVEN IN A TOUGH YEAR)

- ★ We tore down racial barriers and elected our first black president.
- ★ We've been reminded that the most important thing isn't material possessions, it's spending time with the people we cherish.
- ★ From great difficulties spring great dreams—just ask the Founding Fathers. ►



PIZZA ★ BARBIE ★ MTV ★ BON JOVI



★ NAVAJO BLANKETS ★ COWBOY BOOTS



★ PLYMOUTH ROCK ★ LASSIE



WHEREVER YOUR BEST FRIEND GOES
THOUSANDS OF FLEAS CAN FOLLOW

Fleas don't just infest your pet. By spreading their eggs and larvae around, they end up in your bed, your carpet, everywhere. To stop an infestation, ask for the brand vets recommend most: FRONTLINE® Plus. It kills fleas fast, plus their eggs and larvae—and even ticks. It's waterproof. And just one dose lasts all month long.

Make sure the only one getting comfy in your home is your pet. Ask for the **Vet's #1 Choice**,* FRONTLINE Plus.



Kills fleas and ticks fast...and lasts.

FRONTLINE®
Plus

Independence Day by the numbers

1 Ranking of July 4 as the occasion for the country's highest beer sales.

25 Number of copies of the Declaration of Independence known to exist. (No originals with the famous signatures are known to remain.)

31 Towns in the U.S. that have the word *liberty* in their name.

14,000 Public fireworks displays in the U.S. to celebrate the holiday.

150 million Number of hot dogs Americans were estimated to have consumed last Fourth of July.

Ooooh! Ahhhh!

The rules for fireworks safety

Tips from Ralph Apel, president of the National Council on Fireworks Safety:

Avoid M-80s and Cherry Bombs While fireworks are legal in 45 states and DC, these are *not* and are extremely dangerous.

Read the label so you know what to expect.

Assign a "designated shooter" to find a flat, hard surface away from the crowd, put up a barrier and use a shooting box (most fireworks retailers sell them). He or she should wear eye protection.

Keep your distance If you're in the crowd, stand 20 to 40 feet away from the shooter.

Got sparklers? Make sure everyone stands at least 6 feet apart so no one gets burned. Light only one at a time and have a bucket of water handy to put them in after they go out. Whether the sparklers are made of wire or wood, they'll still be hot—bad news for little hands and bare feet. For more tips and how-to videos, go to fireworksafety.com ▶

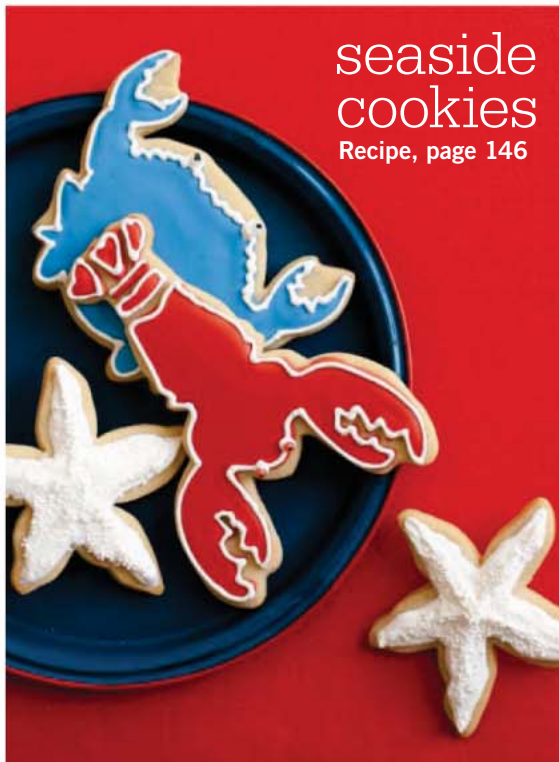
picnic picks

Target ice bucket, \$13; Caspari cups, \$3.75, napkins, \$5, plates, \$5; Stirrings soda, \$5 for 4; Preserve Cutlery, \$5.50; UncommonGoods Condiment Set, \$18; Zak Designs tray, \$18.



seaside cookies

Recipe, page 146



CLOCKWISE FROM TOP LEFT: ALISON MIKSCHE; PROP STYLING BY LOREN SIMONS; KATE SEARS; FOOD STYLING BY FRANK P. MELODIA; PROP STYLING BY GERRI WILLIAMS; HULTON ARCHIVE/GETTY; SHUTTERSTOCK; STEVE GRANITZ/GETTY; SHUTTERSTOCK.

★ ELVIS



★ BLUE JEANS AND A PLAIN WHITE T-SHIRT ★

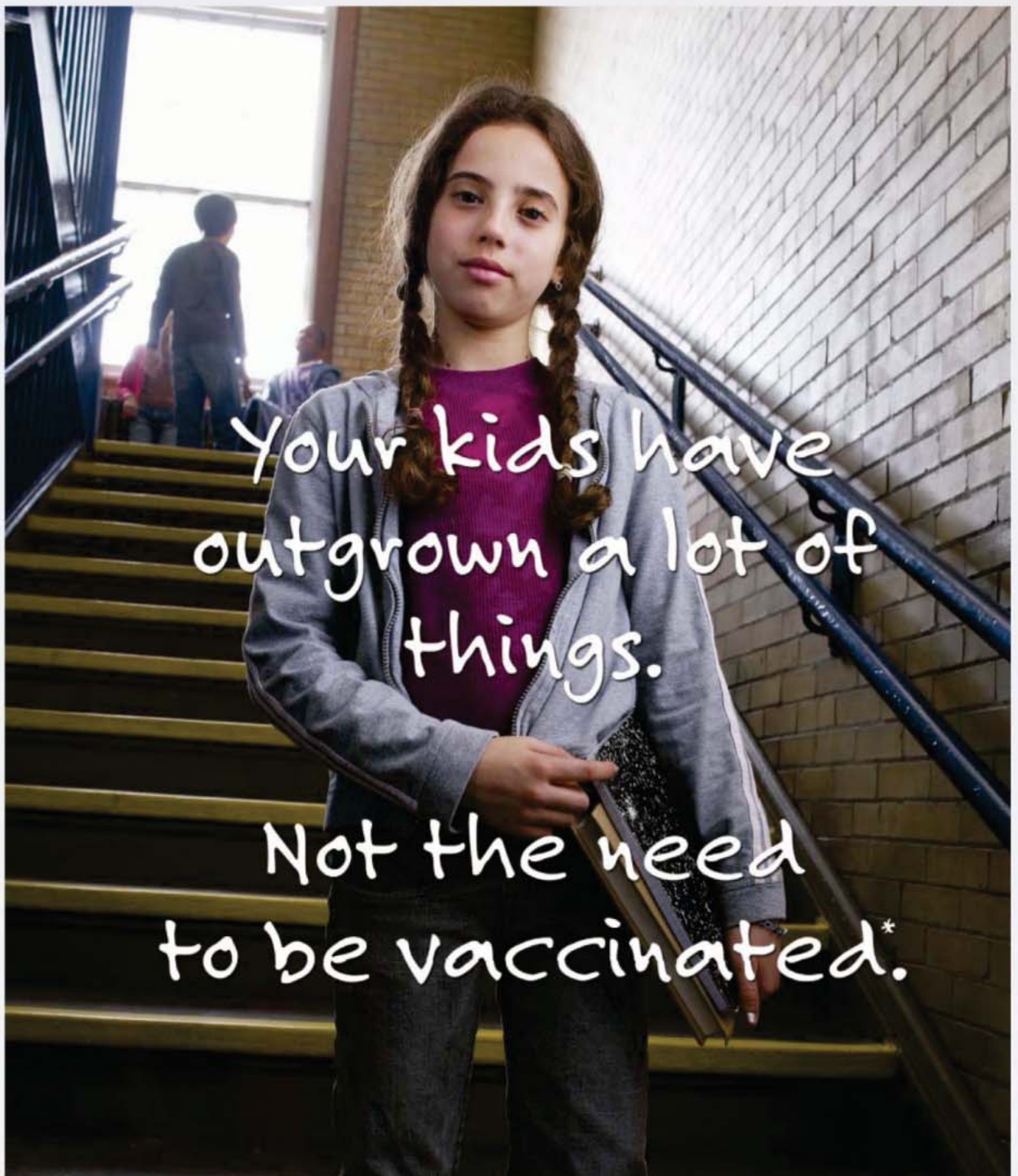


LAS VEGAS ★ OPRAH



★ THE LIBERTY BELL





Depending on previous vaccinations, your daughter may need **4 shots**, while your son may need **3 shots**.

*The Centers for Disease Control and Prevention recommends certain vaccines for children who are 11 and 12 years old.

This summer, ask your doctor what shots your preteen or teen needs.

make plain water bloom

Crystal Light Peach Tea gives you all the goodness of real tea. With the taste of ripe summer peaches. No wonder women who drink Crystal Light drink 20% more water.

make a delicious change



transform your world at deliciouschange.com

30 fabulous flavors
just 5 calories





MAKE A BBQ SOUNDTRACK

Embarrass your kids by singing along.

"America"
by Neil Diamond

"Back in the USA"
by Chuck Berry

"All-American
Girls"
by Sister Sledge

"Living in America"
by James Brown

"Our Country"
by John Mellencamp

"God Bless the USA"
by Lee Greenwood

"Proud to Be an
American"
by Lee Greenwood

"Only in America"
by Brooks & Dunn

"Arlington"
by Trace Adkins

"In America"
by Charlie Daniels

"This Land Is Your
Land"
by Woody Guthrie

"America the
Beautiful"
by Ray Charles

"Letters from
Home"
by John Michael
Montgomery

"American Soldier"
by Toby Keith

new just-picked Green Tea Peach Mango

Tropical. Fruity. Exotic.
And made with real green
tea. New Crystal Light
Green Tea Peach Mango
is a whole new attitude.



get the kids in on the fun

"Patriotic celebrations are a great way for children to learn the values of belonging—to family, to community and to country," says child-family specialist Ruth E. Clark, EdD. Four activities to do together:

bring on the bikes Get little ones to show off their creativity (and revisit your own childhood) by having family and friends decorate bikes with streamers. Host a parade and give prizes for most patriotic and most unusual.

hunt history Create an educational scavenger hunt by hiding pictures of the presidents or writing clues with important historical dates.

let freedom ring Outline a large flag on posterboard. Have kids write freedoms we enjoy on precut red or white strips, then have them glue their writings to represent the flag stripes. On precut stars, write the name of a patriot or an act of patriotism and place on the poster.

make a feast Together, plan a picnic including red, white and blue foods: watermelon, red peppers, tomatoes, eggs, angel food cake, blueberries. **wd**

FROM LEFT: SHUTTERSTOCK; EBET ROBERTS/GETTY.

★ FOOTBALL



★ LIGHTHOUSES ★ DRIVE-INS ★



ANDY WARHOL

womansday.com

Your navigation guide to WD on the Web



beyond basic burgers

This Fourth of July, try something different: Wow your barbecue guests with our delicious new takes on an old favorite. From vegetarian Stuffed Portobello Burgers to Fresh Salmon Burgers, at womansday.com/burgers you'll find amazing recipes you might even give up the classic for.



summer skin savers Stay beautiful this season with expert tips and products at womansday.com/face. We've got foods that help prevent sunburn (yes, really!), the latest cosmetics and skincare with sun protection, and more—everything you need to put your best face forward.

win a lake tahoe getaway

One lucky winner will receive a trip for two to The Village at Squaw Valley in Lake Tahoe, California. Includes a luxurious condo-suite, dinner for two at Twenty-Two Bistro and two cable car passes to the lagoon and hot tub at High Camp. For a chance to win this and \$1,000s in other prizes, go to womansday.com/giveaways



CLICK 3 things

you'll discover online this month

- 1. Affordable vacation destinations** in every part of the country—our review of the best family-friendly cities. womansday.com/cities
- 2. Our new Cutest Pet of the Day blog** will brighten your mornings. Submit photos of your favorite furry friend to WDcutepets@gmail.com and visit dailywd.womansday.com to see if your pet made the cut!
- 3. Keep your cool this summer** with our unexpected tricks for beating the heat (no, you don't have to turn down the a/c!). womansday.com/summer



unclebens.com

“I took an 18-hour plane ride just so you can have authentic Asian rice in 90 seconds.”

Ben
knows best



the state of

ALL YOU NEED IS LOVE?

Lennon and McCartney may have thought so, but women know better. Ask any of us and we'll readily admit that wedded bliss isn't always so blissful. That's just one of the secrets more than 35,000 women revealed when *Woman's Day* and AOL Living teamed up to find out what really goes on behind closed doors.



How would you describe your marriage?

Content	32%
Happy	27%
Unhappy	22%
Boring	14%
Exciting	5%

CLOCKWISE FROM TOP LEFT: GETTY; SHUTTERSTOCK (2); VEER (2).



What's the main reason your marriage is successful?

We're best friends	33%
I wouldn't call our marriage successful	27%
We know how to compromise	22%
We communicate well	14%
We have a great sex life	4%

I can't get no satisfaction

HOW'S YOUR SEX LIFE?

What sex life?	36%
Good and satisfying	19%
Pleasant enough	18%
Dull	16%
Amazing	10%

our unions

McDreamy? more like McCharming

What first attracted you to your husband?

His personality	48%
His looks	31%
His sense of humor	17%
His money	4%

What attracts you to him most now?

His personality	52%
His sense of humor	21%
His money	18%
His looks	9%

the fairy tale fantasy

We can't get enough of those "boy meets girl and the rest is history" stories in the movies, but destiny and fate don't play much of a role in real-life love. At least that's what the majority of you think:

Is your husband your
soul mate?

52% of you say no.



How often do you and your husband have date night?

Date night? What's that?	41%
Once a week	21%
Once every few months	20%
Once a month	17%

for better or worse

Although a whopping **72%** of you have considered leaving your husband at some point, and more than half of you (**57%**) sometimes regret marrying him, you're still in it for the long haul: **71%** of you expect to be married to your spouse for the rest of your life. ►

Wow! More than half of you are bored in bed or can't even remember the last time you got intimate? No wonder an overwhelming **79%** of you want to have sex more often!



your top 5 pet peeves

"I really wish my husband would..."

Spend more time with me	30%
Make more money	27%
Help around the house	26%
Hit the gym	12%
Put the toilet seat down	5%

How often does your husband say "I love you"?

Every day	44%
Hardly ever	23%
Fairly often	17%
Occasionally	16%

What do the two of you argue about most?

Money	35%
Household chores	20%
Sex	18%
The kids	17%
Work	10%



Should divorces be harder to get?

No **54%** Yes 46%



DO YOU CONSIDER FLIRTING CHEATING?

No **60%** Yes 40%

DO YOU TRUST YOUR HUSBAND?

Yes **66%** No 34% ►

Important Safety Information

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.

You should not take Cymbalta® (duloxetine HCl) if you have recently taken a type of antidepressant called an MAOI or Mellaril® (thioridazine) or have uncontrolled glaucoma. Talk to your doctor about any medical conditions you may have, including kidney problems, glaucoma or diabetes. Severe liver problems, sometimes fatal, have been reported so talk to your doctor if you have itching, right upper belly pain, dark urine, yellow skin/eyes or unexplained flu-like symptoms while taking Cymbalta. Tell your doctor about your alcohol use and discuss all your medicines, especially those for migraine to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles. Discuss if you are taking NSAID pain relievers, aspirin or blood thinners because use with Cymbalta may increase bleeding risk. Consult your doctor before stopping Cymbalta or changing the dose. Dizziness or fainting may occur upon standing. Tell your doctor if you are pregnant or nursing. The most common side effects of Cymbalta include nausea, dry mouth, constipation, decreased appetite and sleepiness. This is not a complete list of side effects.

See back of next page for additional Important Safety Information, including Boxed Warning.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Ask your doctor about Cymbalta for fibromyalgia. Cymbalta can help.

Are you paying the price for Fibromyalgia pain? Cymbalta can help.



Fibromyalgia is painful. Cymbalta can help.

When you have fibromyalgia, you live with chronic widespread pain and tenderness, which may never really go away. It can be the price you pay day after day. It's a difficult way to go through life.

There is good news. Cymbalta has been approved by the FDA to help manage the pain of fibromyalgia.

Taking Cymbalta just once every day can reduce the level of fibromyalgia pain. You may begin to function better and feel better. Cymbalta is non-narcotic. As with any medicine, individual results may vary.

Although the exact way that Cymbalta works in people is unknown, it is believed to be related to an increase in the activity of serotonin and norepinephrine which are two naturally occurring substances in the brain and spinal cord.

**Talk to your doctor about your fibromyalgia pain.
Ask if Cymbalta is right for you.**

Visit cymbalta.com to learn more.



See left page for Important Safety Information, including Boxed Warning.

Fibromyalgia is painful. Cymbalta can help.


Cymbalta[®] DELAYED
duloxetine HCl RELEASE
CAPSULES

Lilly

Information For Patients About CYMBALTA® (duloxetine hydrochloride) Delayed-Release Capsules

Please read this information carefully before you start taking Cymbalta (sim-BALL-tah) and each time your prescription is refilled in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

Warning: In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD) also called depression, generalized anxiety disorder (GAD), and for the management of fibromyalgia (FM) and diabetic peripheral neuropathic pain (DPNP), also called diabetic nerve pain.

What is fibromyalgia?

Fibromyalgia is a real disorder that may affect many areas of a person's life. It may make it harder to do daily activities. Fibromyalgia is characterized by chronic widespread pain and tenderness and may include other symptoms. The pain of fibromyalgia may be unpredictable. You may feel pain that can affect different parts of your body and may be worse on some days than on others. Fibromyalgia occurs most often in women but can also affect men.

How does Cymbalta work?

Although the exact way that Cymbalta works in people is unknown, it is believed to be related to an increase in the activity of serotonin and norepinephrine which are two naturally occurring substances in the brain and spinal cord.

When will Cymbalta begin to work?

In clinical studies, many people taking Cymbalta began to feel improvement in their symptoms as early as 1 to 4 weeks after starting Cymbalta. As with any treatment, results may vary from person to person.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a monoamine oxidase inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate) or Emsam® (selegiline transdermal system). Using an

MAOI with many prescription medicines, including Cymbalta, can cause serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI.

- You have uncontrolled narrow-angle glaucoma (an eye disease).
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine).

What should I talk to my healthcare provider about?

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

Tell your healthcare provider:

- About any medical conditions you may have, including kidney problems, glaucoma, or diabetes.
 - If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
 - About your alcohol use
 - If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products
 - If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles
 - If you take NSAID pain relievers, aspirin, or blood thinners as these medications may increase risk of bleeding when used with Cymbalta
 - If you are pregnant, plan to become pregnant or are nursing
 - If you experience dizziness or fainting upon standing due to a sudden drop in blood pressure. This may happen especially when first starting Cymbalta, when increasing the dose, or when used in combination with certain other drugs
- In clinical studies, some people taking Cymbalta experienced an increase in blood pressure. Your healthcare provider may periodically check your blood pressure.

How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider.
- Cymbalta should be taken by mouth. Do not open, break or chew the capsule; it must be swallowed whole.
- Cymbalta can be taken with or without food.
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly

scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you.

- Remember to refill your prescription before you run out of Cymbalta.
- Talk with your healthcare provider before stopping Cymbalta or changing your dose.

What are the possible side effects of Cymbalta?

Like all medicines, Cymbalta can cause side effects.

- In clinical studies of FM, the most common side effect was nausea. For most people who had it, the nausea was mild to moderate.
- Other common side effects included dry mouth, constipation, decreased appetite, sleepiness, increased sweating, and agitation.

This is not a complete list of side effects. For full patient information, visit www.cymbalta.com. Talk to your healthcare provider if you have questions or develop any side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

What happens when I stop taking Cymbalta?

Like other antidepressants, Cymbalta should not be stopped suddenly. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache. Talk with your healthcare provider before stopping Cymbalta as he or she may wish to decrease the dose slowly to help you avoid these kinds of symptoms.

Can children take Cymbalta?

Cymbalta has not been studied in children under 18 and is not approved for this age group. See Boxed Warning above.

General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children.
- Until you know how Cymbalta affects you, be careful when driving a car, or operating hazardous machinery.
- Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else.
- If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist.

Additional information can be found at www.cymbalta.com.

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Are men like fine wine?

Apparently not. Nearly half of you **(46%)** admit that your husband has changed for the worse since you said "I do." About a quarter of you **(26%)** are luckily married to men who've actually gotten better with age. And the rest? **28%** of you say your spouse is the same as the day you married him.



Should couples stay together for the sake of the children, no matter what?

No **79%** Yes 21%

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Debbie Mohelnitzky cares about kids and their parents.

One stranger at a time, people across America are helping those newly in need. Meet three very special women by Lisa Collier Cool

recession angels

AS OUR COUNTRY CELEBRATES its independence, we're honoring moms who are stepping up to help others during these financially tough times. That's what we call the spirit of America.

caring for kids

Debbie Mohelnitzky, 51, Wausau, Wisconsin

Debbie, who owns Alphabet Soup Child Care II in Wausau, will never forget the day the recession really hit home. An embarrassed dad told her that he couldn't afford to send his son to her daycare center anymore. Like thousands of other workers in Wausau, he'd been laid off, but without someone to watch his son while his wife was at work, he wouldn't be able to look for a new job.

"I told him not to worry about the money," says Debbie. "We'd take care of his son while he was job hunting. Then I realized that if we could do that for him, we could do it for everyone."

And just like that, her "Pay It Forward" campaign was born. During the week of March 16–20, Alphabet Soup gave out-of-work parents a free half-day of childcare for kids ages 4 weeks to 12 years. It didn't matter if their child attended the

(Please turn to 40)

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RECESSION ANGELS

CONTINUED center—any parent looking for a job was welcome. “I’ve been through tough times myself, so I know what it’s like,” says Debbie, who wanted to start small to see if the program would be a success. All she asked in return was that parents agree to do a good deed for someone else within the year. “We hoped that the idea of lending a helping hand would be contagious.”

Fourteen families signed up, including single mom Lisa Ricci, who’d been looking for a job for two months. She used to send her son to Alphabet Soup, but stopped after she fell behind on her bill. Debbie wiped out the \$200 debt, and Lisa used the free half-day to apply for the job she now holds.

The program was such a hit that Debbie wants to do it a few more times this year. Now she’d like to

give parents a full day of free care so they can schedule more interviews and up their odds of finding work. A daycare center in a nearby town even called Debbie for advice on starting its own program, and she was glad to share. “Helping out-of-work parents gives me the biggest warm fuzzy ever.”

To learn more about the “Pay It Forward” program at Alphabet Soup Child Care II, call 715-675-0557.



a free shopping spree

Stephanie Monson, 63, Walnut Creek, California

On Valentine’s Day, families from Walnut Creek went shopping—and they never spent a cent. Excited toddlers reached for teddy bears and toy trains, while older kids picked out board games, books and clothes. “People were so surprised all these lovely things were there for the taking,” says Stephanie, organizer of the Saranap Community Association’s (SCA) Children’s Clothing & Toy Exchange—an event that encourages families to donate items their kids have outgrown. Whether they do or not, they get to take home anything

they want, absolutely free.

Stephanie, a real estate agent who serves on the SCA’s board of directors, came up with the idea last year. “The economy was looking bleak and young families were hurting,” she says. “As a mom, I know most people would love to find a good home for things their kids don’t use anymore. And these days, parents can’t afford to buy all the stuff their kids need. I thought, wouldn’t it be great for families to get together and share with their neighbors?”

So far, Stephanie and about 40 SCA volunteers have held two exchanges, with three more planned this year. To spread the word, her team distributed flyers to 1,400 homes, and soon after, Stephanie’s garage was crammed with donations. Her team cleaned the toys and sorted the kids’ clothes by size. “We washed and ironed hundreds of outfits for babies to 10-year-olds,” she says. “And a group of seamstresses mended them, then added embroidery, lace, appliques, ribbons or interesting buttons to make the clothes look really special.”

Before each three-hour exchange, the volunteers set up at a local school. “They make it look like a children’s boutique, not a rummage sale,” says Ellen Evans, principal of the Mehers Schools, which

(Please turn to 42)



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RECESSION ANGELS

CONTINUED hosts the events.

"Everything is beautifully arranged, with clothes hanging on racks and displays of books and toys." Soft music plays in the background, with cookies and cider for the kids.

The Valentine's Day exchange drew about 150 families. At first, some felt shy about taking things they hadn't paid for. "People kept asking about rules," says Stephanie. "If they brought galoshes, could they have a coat? How many items

were their kids allowed? We told them to take as much as they wanted. Whether they took a little or a lot, everyone left with a smile."

To learn more about the SCA Children's Clothing & Toy Exchange, visit saranaponline.org

fighting foreclosures

Marilyn Mock, 50, Rockwall, Texas



When Marilyn attended a foreclosure auction last October to cheer on her son as he bought his first home, she noticed a glum-looking woman sitting next to her. Marilyn asked her if she was there to buy property. The woman, Tracy Orr, a 38-year-old single mom, burst into tears. "That's

my house," Tracy sobbed, pointing to a listing in the auction catalog. A moment later, the bidding began. On impulse, Marilyn started bidding on Tracy's house, winning it for \$30,000.

Tracy, who had defaulted on the mortgage after losing her job, was stunned. "Marilyn turned to me and said, 'I did this for you,'" she says. "At first, it didn't sink in that she was giving my house back. She didn't even know my name—or if I could repay her. She just helped me out of the incredible generosity of her heart, like a Good Samaritan."

Marilyn isn't rich. She and her husband, Bruce, own a flagstone and gravel company, and she had to refinance their dump truck to pay for the house. But that didn't stop her from wanting to do even more. "After the auction, I got a lot of media attention," says Marilyn. "Then hundreds of people started sending me thank-you letters and many of them shared their own stories of losing their homes. Some of those letters made me cry. I was so angry about what was going on that I couldn't sleep at night."

Marilyn turned that anger into action, launching the Foreclosure Angel Foundation (FAF) in November with \$10,000 of her own money (credit cards and a little from her savings), plus donations from family and friends. Her mission? To help other homeowners like Tracy. "This mortgage crisis is the worst mess I have ever seen and it's hurting millions of honest, hard-working people," she says.

As word of the new foundation spread, pleas poured in and Marilyn often stayed up until the wee hours of

the morning reading every one. "Some folks live in \$400,000 houses they can't afford, and they need to face reality and downsize," points out Marilyn. "I'm looking to lend a hand to people who just need a little help getting through a crisis."

One of those people was 19-year-old Zac Sabo, of Camp Hill, Pennsylvania. He didn't tell his parents, Rita and Louis, that he was contacting FAF, which he learned about after seeing Marilyn on the news. "We were 13 days away from foreclosure, so it seemed like a long shot," says Zac, a supermarket cashier who opted out of college to take care of his parents and tackle the family's debt. (His dad has been laid up with a back injury, and his mom is disabled and cannot work.) "Marilyn replied the same day and gave the bank \$2,600 to save our home," says Zac. It was enough to bring the mortgage up to date. Now Zac is able to stay current with the payments thanks to his income plus a little help from his mom's disability checks when he comes up short. And his dad will begin looking for work soon, too, now that his back is beginning to heal. "We call Marilyn our guardian angel," says Zac. "I'm still amazed she came through for us."

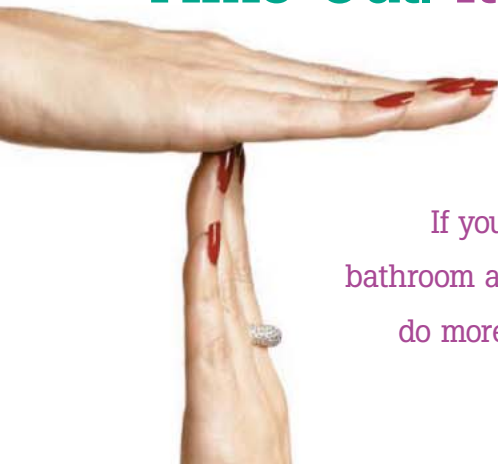
Knowing that she's helping people like Zac inspires Marilyn to aid as many others as she can. Fortunately, a benefactor will soon donate \$1 million now that the foundation has been officially certified as a 501(c)(3) charity. "I'm absolutely thrilled!" says Marilyn. This means that in addition to giving small, one-time grants to cover past-due mortgage payments, she can also start buying back foreclosed homes for people and having them repay whatever they can afford each month, as Tracy Orr does. "Marilyn didn't just give me back my house," says Tracy, who has now joined Marilyn's team of angels and helps sift through the mail in search of other deserving families. "She gave me back my faith that one person can make a difference."

To learn more about the Foreclosure Angel Foundation, visit foreclosureangelfoundation.com **wd**

Psst... Start a "Helping Hand" club. Invite neighbors and brainstorm ways to give back.

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why I hate pools

(but wade
in anyway)



I WAS 2 OR 3, THE STORY GOES, leaning into our dinky above-ground pool to grab something—a beach ball? A doll I’d put in for a swim? I reached a little too far and my feet lifted off the grass. There I teetered on my belly, face submerged in the water, legs too short to make it back to safe ground.

Luckily my uncle Jim saw what was going on. He saved my life. The whole episode probably took nanoseconds—I didn’t need resuscitating—but I’ve felt wary around water ever since.

No surprise, then, that the grownup me loathes swimming pools. Those deceptively placid turquoise surfaces shimmering in the sun don’t fool me. I panic at the still-familiar loss of control

when my feet can’t touch bottom. I still can’t swim a single stroke that requires getting my face wet. (Though in a pinch I can dog-paddle and tread water with the best.) It doesn’t help that persnickety me dislikes mingling in other people’s sweat and saliva (and other bodily fluids, I’m sure), and no amount of chlorine will change my mind. The fact that before I can “enjoy” all this I have to put on a bathing suit simply seals the deal.

And yet, being a mom of four, I’ve spent half my midlife summers gritting my teeth in pool water. I endure the summer swim scene for one reason only: I don’t want my kids to wind up like I nearly did. Drowning is the second most common cause of death in children under 14 (after car wrecks). Nearly a third of all 1- to 4-year-olds who die do so in water. And for every child who drowns, four more are treated in the ER after going under.

Unfortunately, especially for pool-dreading mamas like me, the only sure way to prevent your child from drowning is to keep your eye on him. You can’t drownproof a child. You can’t make him water-safe through swim lessons. You can’t count on “float-ies.” To varying degrees, these measures may lower the risk of a drowning, but they’re all weak stand-ins for watchful parents.

That’s not to say teaching a child to swim is a bad idea. It ranks right up there in the lifesaving canon with teaching her to look both ways. It just doesn’t let you off the hook.

Before Henry, my eldest, hit his first birthday, I enrolled him in a Mom-and-me swim class at a local university pool. “To get him used to the water,” a friend had urged. (I seemed to forget that this was already happening in his daily *(Please turn to 46)*



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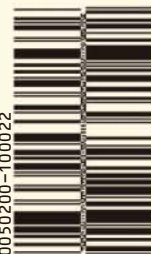
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Calcium and Vitamin D with a Sunny twist

WHY I HATE POOLS

CONTINUED bath.) Week after week, slipping into the pool was like flipping a switch in my placid, happy fellow. Time for his 45-minute siren imitation to begin. “Kick-kick-kick-kick-kick,” I’d cajole, by necessity louder than the other mommies, as I held him under his armpits and glided him through the water.

“WAAAAAAHHHHH!!!!” he yowled every time. For six weeks.

Later I was relieved to learn that the American Academy of Pediatrics says most kids aren’t developmentally ready for swim lessons until after their fourth birthday. But some observers wonder if that policy will change: A new study reports that formal swim lessons for toddlers and preschoolers (ages 1 to 4) reduces their drowning risk by 88%. The catch: These must be *formal* swim training programs, not so-called drownproofing measures (once the rage, now discounted) or water-play classes that help little ones get accustomed to the water, like Henry’s class. (As if immersing your baby in cooler-than-bath water at his cranky time of day would spark his inner fish.) The AAP frowns on infant swim classes,



mainly because they instill in parents a false sense of security.

All kids should be taught to swim eventually, though. By late preschool, Henry—and later, his three sisters—seemed capable enough of following directions to be handed off to a trained YMCA swim instructor. Sheepish about my own ineptness, I never have spelled out, “Mom is afraid of water and that’s why she’s making darned sure you aren’t.” They

think I don’t like the water because my glasses get wet.

Today, you’d think that all four had a seal for a mother, given the way they glide, bob and bodysurf. There have been no close calls, though Page did once mysteriously lose a Teletubbies bathing suit in the ocean surf. She went into the water splashing and came out like Baby Godiva. Obviously I was doing something stupid like sneaking a look at the book I’d foolishly packed...thank goodness I only lost Tinky Winky, Dipsy, Laa-Laa and Po.

After that, I made up my mind to always keep my eyes glued on the kids whenever they’re around water. I knew the stories about kids drowning in a crowded pool or while a parent turned away for a second, and I didn’t want it to be my kids, especially since there was something I could do—watch them.

I really do try to see pools the way my kids do: tempting beach balls and bright swim noodles bobbing on shimmering, summery blue. And the nature lover in me is as drawn to lakes and oceans as a toddler to a puddle (but without the splashing impulse). I’m just wary, that’s all. And for a mom, that seems about right.

wd

more ways to prevent drowning

- At parties, designate at least one adult as child watcher—and that person should be vigilant. Don’t count on safety in numbers. Too many parents assume that someone else is watching. Drowning can happen in an instant.
- Don’t allow your young child in homes without a fence around the pool unless you’re present and prepared to keep a watchful eye.
- Know that if you’re talking on a cell phone while keeping an eye on a young child, you’re distracted.
- Be wary of children’s pool party invitations. Ask who will supervise, and gauge how much the hosts understand the risks.
- Don’t use water wings, inflatable toys or noodles as a substitute for life jackets.
- Learn CPR. It’s been shown to improve outcomes in drowning victims, says the CDC.
- Clear the pool of all toys immediately after everyone’s out. Leaving them is too great a temptation for someone to lean in and grab.

If you have dry eyes, here are 5 reasons why you should treat them more seriously.



1 Natural tears are essential for keeping your eyes moist and healthy.

Your eyes need a constant layer of natural tears—called the *tear film*—to protect the surface of each eye. Healthy eyes produce tears that contain nutrients and lubricants, resulting in a tear film that not only moisturizes but also cleanses your eye's surface. The tear film also fights infection, provides nourishment, and is vital for vision.

2 If you're experiencing symptoms several times a day, you may have Chronic Dry Eye (CDE).

If your dry eye symptoms have become more frequent and uncomfortable over time, and you're using over-the-counter (OTC) drops more and more, you may have CDE. CDE is a *chronic* medical condition that affects at least 3.2 million people in the United States.¹ CDE may result from several underlying causes, such as decreased tear production, eye gland dysfunction, menopause, or side effects of multiple medications.²

3 OTC eye drops (artificial tears) can relieve symptoms but can't treat the underlying causes of CDE.

OTC eye drops are man-made, lubricant solutions that are used to moisten the eye and thicken tears. They help temporarily moisturize the eyes and ease symptoms such as grittiness and dryness.^{3,4} But they have limitations. They *cannot* treat the underlying causes of CDE. Ask your doctor about available treatment options.

4 Over time, untreated CDE can have an impact on your daily activities and can lead to health problems for your eyes.

CDE can cause significant discomfort and interfere with your ability to read, watch TV, work on a computer, or drive at night.¹ Over time, CDE may cause serious irritation, permanent damage, and scarring to the front of the eye. Increased risk of infection and, in some cases, serious visual impairment may result when CDE remains untreated.^{3,5}

5 Prescription options for CDE are available—so make an appointment with your eye doctor today.

CDE is a real, chronic condition that can negatively impact your daily activities and potentially cause health problems if it remains untreated. But prescription options are available; talk to your eye doctor. Only an eye doctor can diagnose CDE and give you a prescription for it.

- Don't wait for your annual checkup—contact your eye doctor now to see if you have CDE and discuss prescription options
- Tell your doctor how your dry eye symptoms are impacting your activities, how often and how long you've been using OTC eye drops, and the names of the drops you've used



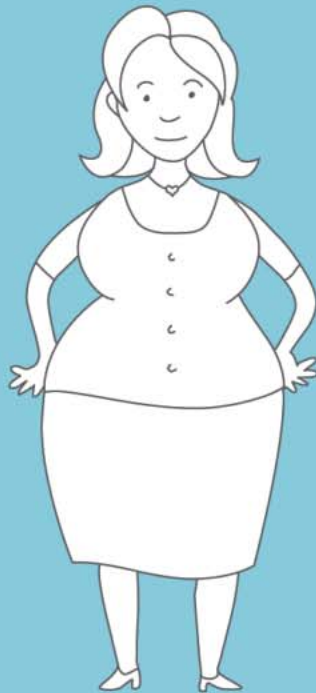
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For more information about Chronic Dry Eye, or to find an eye doctor in your area, go to www.dryeye.com

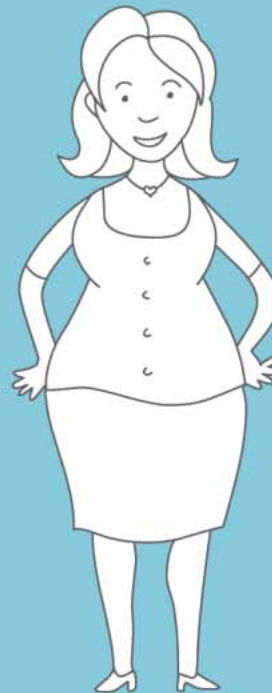
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melissa's musts

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The Dead Sea salt in Sally Hansen's Salon Pedicure Mineral Foot Soak soothes and softens tired feet instantly. (\$7.95; at drugstores)

◁**seaworthy**
To define layers without drying out hair, apply Sally Hershberger Shagg Rocks Liquid Gel. It's formulated with kelp extracts and green and red algae to keep hair hydrated all day. (\$12.50; at Walgreens)

◁**first mate** The coral-shaped handles of Sonia Kashuk's Hidden Treasure Brush Set caught my eye, and the ultra-soft brushes sold me. Stow them away in this travel case (included!). (\$19.99; at Target)

CHECK THIS OUT!

Finally—sunscreen for the scalp! Now you can prevent burns and peeling by spritzing Nioxin Scalp Shield Sunblock SPF 20 along your roots before heading outdoors. The best part? There's no sticky residue to weigh down your hair. (\$13; nioxin.com)





Dear Doctor,

I have bumps on my arms and body and I don't know why. My boyfriend thinks I'm cold and he's always trying to keep me warm, which okay, I enjoy, but I do not like constantly looking as if I have goose bumps. How can I get rid of my bumps and still keep my boyfriend?

Signed,
Brrrr not!

Dear Brrrr not,

You may have keratosis pilaris. Also called KP or "chicken skin bumps," this problem affects one out of every two people. KP Duty Dermatologist Moisturizing Therapy for Dry Skin is clinically proven to help improve the appearance of this condition. It works to exfoliate dry, crusty bumps while moisturizing skin and reducing the appearance of those pesky red polka dots! Skin is left feeling soft, smooth and boyfriend worthy. For best results, use it with KP Duty Body Scrub with Chemical + Physical Medi-Exfoliation.

Yours smoothly,

Audrey Kunin, M.D.
Founder of DERMAdoctor



DERMAdoctor®
just what the skin doctor ordered®

Available at Sephora, Ulta, dermadocor.com or 877-DERMADR.

Important Patient Information



EXELON[®] PATCH
(rivastigmine transdermal system)

(ěx'-ə-lŏn)

WHAT IS EXELON PATCH AND WHAT ARE ITS USES?

EXELON[®] PATCH (rivastigmine transdermal system) is a prescription medicine which contains rivastigmine, an acetylcholinesterase inhibitor and is used for the treatment of mild to moderate Alzheimer's dementia and mild to moderate Parkinson's disease dementia.

WHO SHOULD NOT USE EXELON PATCH?

EXELON PATCH should not be used if the patient is allergic to rivastigmine or any of the other ingredients of EXELON PATCH, or has had an allergic reaction to a similar type of medicine. Speak to the doctor before using EXELON PATCH.

WHAT SHOULD I BE AWARE OF BEFORE USING EXELON PATCH?

At higher than recommended doses, EXELON PATCH is associated with significant stomach related side effects such as: nausea, vomiting, diarrhea, decreased appetite, and weight loss. For this reason, people should always start at the low dose. After a minimum of four weeks of treatment, and if well tolerated, the doctor may increase the dose to the next level. If you have not applied EXELON PATCH for several days, do not apply the next patch before you have talked to a doctor.

Weight should be checked while the person is using EXELON PATCH. People below 50 kg, or 110 lbs, may experience more side effects and may have to stop using EXELON PATCH due to these side effects.

In studies for Parkinson's disease dementia, parkinsonian symptoms, particularly tremor, occurred or worsened in some people taking EXELON[®] (rivastigmine tartrate) capsules.

WHAT SHOULD I BE AWARE OF BEFORE USING EXELON PATCH? (continued)

Take special care with EXELON PATCH and talk to the doctor if the patient has or has ever had any of the following: an irregular heartbeat, an active stomach ulcer, difficulties passing urine, seizures, asthma or severe respiratory disease, trembling, low body weight or impaired liver function. The doctor may need to monitor the patient more closely while on EXELON PATCH.

WHAT ARE THE MOST COMMON SIDE EFFECTS?

The most common side effects include nausea, vomiting, and diarrhea. For a complete list of possible side effects of EXELON PATCH, ask your doctor.

WHAT SHOULD I DO IF I ACCIDENTALLY APPLY MORE THAN 1 EXELON PATCH?

If you accidentally apply more patches than you should remove all patches and inform the doctor immediately.

WHAT SHOULD I KNOW ABOUT TAKING OTHER MEDICATIONS WITH EXELON PATCH?

Tell the doctor about all other prescription or nonprescription medicines the patient is taking. EXELON PATCH should not be given together with other medicines that have a similar effect on the body and the brain (cholinomimetic agents) or with anticholinergic medicines. Inform the doctor if the patient needs surgery requiring anesthesia while using EXELON PATCH.

WHAT ADDITIONAL INFORMATION SHOULD I KNOW BEFORE USING EXELON PATCH?

The safety of EXELON PATCH has not been evaluated in pregnant women or in women breastfeeding children. EXELON PATCH is not recommended for use in children.

STILL HAVE MORE QUESTIONS?

This is only a summary of important information. Ask your doctor for more complete product information, or visit www.exelonpatch.com.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088. You may also contact NOVARTIS PHARMACEUTICALS CORPORATION at 1-888-NOW-NOVA.

If you don't have prescription coverage and can't afford your medicines, log onto www.pap.novartis.com or call 1-800-245-5356.



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EXP-800215

If you suffer from

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|----------------------------------------------|---------------------------------------|-------------------------------------------------|
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| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Diabetes | <input type="checkbox"/> Insomnia |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Neuropathy | <input type="checkbox"/> Sleep Apnea |
| <input type="checkbox"/> Fibromyalgia | <input type="checkbox"/> Edema | |
| <input type="checkbox"/> Joint Pain | | |



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I have had such lower back pain that I could hardly stand it. I saw your ad two years ago and thought it wouldn't help me. But, I ordered one anyway. I have used it for four months now. I have very little back pain, am more regular, and I sleep much better thanks to the Exerciser 2000. —C. Cordes

As a Chiropractor, I would say the Exerciser 2000 enables people to benefit themselves at home. It is a valuable asset in moving lymph fluid, oxygenating the blood, increasing immune system function, maintaining mobility in the spine, and freeing up a spine that had become stiff and arthritic. —Garry G., D.C.

I have loved your product for many years now and couldn't live without one. It truly is the best product on the market...and I would never pay a person to do what this does better. You have the control of it all...and I love that. It definitely pays for itself many times over!! —Kathy C.

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Have a summer fling—fall in love with your natural texture

hair affair

FRIZZY, FLAT, DRY—NO PROBLEM! Don't let your hair drive you crazy. Instead, embrace what you've got and start taking care of it the right way. With a little help from the pros and customized-for-you styling products, we predict great hair days all summer long!

IF YOUR HAIR IS

fine & frizzy

long-term commitment “One of the biggest concerns with fine hair is keeping frizz and flyaways under control, particularly when it's humid,” says Rodney Cutler, owner of Cutler/Redken salon in New York City. Fine hair can also tend to look dull and dried out, especially if you overprocess it. “If you color your hair, your best bet is to stay within one or two shades of your natural color to keep hair looking healthy and shiny,” says Cutler. Here's how to keep fine hair in check:

1. Use a moisturizing shampoo to help hydrate hair and calm frizz.
2. Apply conditioner from the mid-shaft to the ends to seal the cuticle and promote shine.

3. Towel-dry, then apply a lightweight mousse from roots to ends to increase volume. **4.** Split hair into three sections (back: hair near the nape of neck; center: ear to ear; top: temple to temple). **5.** Blow-dry the back section first with a large round brush (use one with both boar and nylon bristles to help smooth hair while adding volume). Guide the brush and the nozzle of your blow dryer from roots to ends to get the cuticle to lie flat. Repeat these steps for the other two sections.

no, no, no! Stay away from sticky hairsprays—they're too drying for fine hair. Also, wash your hair every other day so you don't deplete natural oils that fight frizz. ►



PRO TIP To restore volume and make a blowout last longer, sleep with hair in a high, loose bun. In the morning, release the bun and shake out hair with fingers.

Shot on location at Radisson St. Martin Resort, Marina & Spa; radisson.com/stmartin or 800-333-3333.

PHOTOGRAPHS BY KEITH LATHROP



You don't have to go for really expensive products to get a really expensive look.

Stacy London
Style Expert

Experts Agree



*I use the **Pantene Pro-V Full & Thick Mousse** because I have fine hair and the lightweight formula helps create **touchable fullness that lasts all day**. Better yet, it also protects my hair from everyday styling damage, which helps keep my hair healthy.*

Hallie Bowman
Celebrity Stylist



*In a series of technical tests we conducted in the Pantene labs, results show that **leading salon brands can't beat Pantene** when it comes to delivering healthy hair.*

Dr. Jeni Thomas
Pantene Scientist

>> Trust the Experts. Follow this advice and become your own hair expert at home. It's your turn to have the full, thick and luxurious hair you always wanted. Go to Pantene.com to learn more about the Full & Thick collection.

HEALTHY MAKES IT HAPPEN

Your Personal Pantene Solution

MISSION: FULL & THICK

If you have thin, limp and damaged hair, you know that it's difficult to strengthen and maintain a full & thick look.

Pantene's advanced Full & Thick collection will help you achieve the hair you always wanted at an affordable price. With the help of these Pantene Full & Thick products – with a Pro-Vitamin Complex – and the below simple steps, your hair will be transformed, looking full, thick and luxurious. Believe it – Pantene will give you damage protection leading salon brands can't beat!*

STEP 1

Start with **Full & Thick Shampoo** to boost limp hair. Shampoo with a light touch to help avoid breaking hair in the process.



STEP 2

Use **Full & Thick light weight Conditioner** to help preserve your hair's health. Condition hair, focusing on the middle and ends where it's most susceptible. This will help to give you manageable volume.



STEP 3

Protect your hair against style damage with **Full & Thick Strengthening Lightweight Leave-in Spray**. Spray on and comb through towel-dried hair to infuse strands with weightless moisture before styling. This spray is gentle, will protect your hair and won't weigh it down.



STEP 4

Apply **Full & Thick Maximum Hold Mousse** at the roots and work through to the tips. Dry hair with your fingers, moving hair away from the scalp. This mousse will pump up and lift your hair for fullness and hold that lasts all day.



STEP 5

You be the expert. Try these products to look good, feel good and live well!

PANTENE
PRO-V

PANTENE

PRO-V

Think only a salon brand gives you amazing fullness?

GET FULL, THICK-LOOKING RESULTS THE LEADING SALON BRAND CAN'T BEAT.*

Pantene Full & Thick revives limp, lifeless strands with energy and body. In fact, experts at the Good Housekeeping Research Institute just gave it their seal.

HEALTHY MAKES IT HAPPEN

Plus, try Full & Thick Mousse. Go to Pantene.com to give us your opinion.

©2009 P&G. *Pantene shampoo and conditioner system vs. leading salon brand systems based on 2007 Kline report of sales data





PRO TIP

Keep a travel-size can of hairspray in your bag to quickly perk up limp hair and absorb scalp oil.

IF YOUR HAIR IS

thin & flat

long-term commitment

Looking to boost the volume of your hair? “Go shorter! Sporting a more textured, layered cut can help camouflage thin hair,” says Hallie Bowman, celebrity stylist for Pantene. You can also incorporate a daily regimen to naturally amp up limp, lifeless hair. **1.** Begin in the shower by washing with a volume-

enhancing shampoo. **2.** Apply a small amount of conditioner to just the ends so hair won’t get weighed down—especially at the roots, where you need lift. **3.** On towel-dried hair, apply a volumizing spray along the roots at the crown of your head. **4.** Flip your hair over and apply a texturizing spray to just the ends. **5.** Blow-dry while

your head is upside down and work your fingers from back to front, gently massaging the roots. When your hair is completely dry, flip it back over and use your hands to help shake up hair and create a piecey style.

no, no, no! Too much pomade or conditioner can make fine hair look greasy fast.

IF YOUR HAIR IS

coarse & curly

long-term commitment

"A great haircut is the foundation for a fun curly style," explains Shelley Davis, creator of Kinky-Curly hair care. "You need to find a stylist who understands thick, curly hair, especially since it grows upward, defying gravity," says Davis. For a curl expert near you, try visiting naturallycurly.com. Don't

let caring for your curls become a chore; try these simple steps:

1. Wash with a gentle, sulfate-free shampoo and conditioner (sulfates can strip hair of natural moisturizing oils). **2.** Nourish and hydrate hair by applying a generous amount of leave-in conditioner to hair. **3.** Using a wide-tooth comb, work the conditioner from roots to ends.

4. Divide damp hair into several small sections, and finger-comb a hydrating styling cream through to fight frizz while hair air-dries.

no, no, no! Steer clear of any styling products that can cause curly hair to dry out and frizz quickly, like alcohol-based sprays and heated styling tools. ►

PRO TIP To boost the health of curly hair, look for products that contain aloe vera (promotes healthy hair growth), panthenol (vitamin B₅, which improves elasticity) and silk protein (penetrates the hair shaft and strengthens hair).



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IF YOUR HAIR IS

fine & frizzy

LOVE AT FIRST USE

Organix Moisturizing Grapefruit Mango Butter Shampoo is enriched with sunflower oil to hydrate hair and reduce frizz. (\$6.99; at Target)

The super-lightweight foam of Dove Body & Lift Volumizing Mousse coats strands without weighing them down. (\$2.98; at drugstores)



GIRL'S BEST FRIEND

Give yourself a blowout with the help of Goody So Smooth Ceramic Round Volumize & Straighten Styling Brush. It's designed for use on wet hair. (\$8; at Walgreens)



thin & flat

Build body and protect fragile hair from everyday damage with Aveeno Nourish+ Volumize Shampoo. (\$6.49; at drugstores)



TRESemmé 24 Hour Body Root Boosting Spray enhances volume while blocking humidity. (\$4; at drugstores)



Redken Fabricate 03 Heat-Active Texturizer protects hair from heated styling tools while also adding texture and dimension. (\$13; redken.com for salons)



coarse & curly

Nexus Botanluxe Nourishing Botanical Leave-In Conditioner is formulated with rose hips, sunflower and grapeseed oils to keep hair healthy and radiant. (\$11.99; at drugstores)

Quench dry, thirsty hair in an instant with Esencia by Samy Vanilla Styling Crème with Macadamia & Sunflower. (\$7.99; at Walgreens)



Never brush curly hair. Instead, use a wide-tooth comb like Plugged In's Wet Look Shower Comb to detangle knots with ease. (\$1.39; sallybeauty.com) wd



3 MINUTE MIRACLE
Deep Conditioning...in No Time.



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
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health

take 10 minutes

Create a trifecta of protection against the sun's rays, which are most damaging between 10 A.M. and 4 P.M. Apply sunscreen, wear a coverup, and sit under an umbrella or canopy (which also helps you hide from the sun's glare when you read or nap).

KEITH LATHROP: HAIR & MAKEUP BY NIKKI WANG; STYLING BY MARIA-STEFANIA FOR HALLEY RESOURCES. TUNIC: ECHO. SHOT ON LOCATION AT RADISSON ST. MARTIN RESORT, MARINA & SPA; RADISSON.COM/STMARTIN OR 888-333-3333.

OH, YOUR ACHIN' BACK

SAD TO SAY, MOST OF US WILL HAVE back pain at some point in our lives, but the best cures are surprisingly low-tech, says Luke Madigan, MD, a spine specialist at Knoxville Orthopaedic Clinic in Tennessee. Some easy yet effective options:

Do next to nothing In a review of more than 70 studies analyzed by Dr. Madigan, 90% of patients with back pain felt better three months after a flare-up, whether they used an anti-inflammatory (like Advil) or a heating pad or did daily stretching.

Relax "Research has shown that meditation and gentle yoga can help relieve back pain," says Susan Evans, PhD, director of the Mindfulness Based Stress Reduction Program at Weill Cornell Medical College. That's probably because they decrease muscle tension and your perception of how bad the discomfort really is. *Abigail Cuffey*



q + a

**does lipgloss
put you at risk
for skin cancer?**

YES, UNLESS YOUR GLOSS has sunscreen in it. Putting something shiny on your lips is like putting baby oil on your skin: It helps the sun penetrate, which means you're more apt to get burned. Matte or cream lipstick is a little better, because it physically blocks the sun's rays and isn't reflective. Still, to be safe, go with a lipstick or gloss that has SPF protection built in. Or simply apply a balm that contains sunscreen, then put your favorite lipcolor over it.

Debra Wattenberg, MD, associate professor of dermatology at Mount Sinai Medical Center in New York

YOUR HEART



pressure drop

Something you probably didn't know: Your systolic blood pressure (the top number) tends to be about 5 points lower during the dog days of summer, according to a study in the *Archives of Internal Medicine*. That means your meds might not be working properly for you all year round, says Annick Alperovitch, MD, the lead study author. Why do our numbers improve when it's warm out? Possibly because we're eating better—more fruits and veggies, fewer processed foods full of salt. If you have hypertension, ask your doc to check your bp in the summer *and* winter. *Gina Roberts-Grey* ►

For more great wellness tips, listen to the Healthy You program live Wednesdays at noon ET at womansday.com/radioWD **radioWD**



I chose to get my daughter vaccinated at her back-to-school check up when her doctor told me that the right time to protect her is now.

Because GARDASIL is about prevention. It helps prevent cervical cancer and other HPV diseases.

She's my little girl and I'll do everything I can to help protect her.


GARDASIL is the only cervical cancer vaccine that helps protect against 4 types of human papillomavirus (HPV): 2 types that cause 70% of cervical cancer cases and 2 more types that cause 90% of genital warts cases. GARDASIL is for girls and young women ages 9 to 26.

SELECT SAFETY INFORMATION:

Anyone who is allergic to the ingredients of GARDASIL, including those severely allergic to yeast, should not receive the vaccine. GARDASIL may not fully protect everyone, and does not prevent all types of cervical cancer, so future cervical cancer screenings will be important for your daughter.

GARDASIL is not for women who are pregnant. GARDASIL does not treat cervical cancer or genital warts. The side effects include pain, swelling, itching, bruising, and redness at the injection site, headache, fever, nausea, dizziness, vomiting, and fainting. GARDASIL is given as 3 injections over 6 months. Only a doctor or health care professional can decide if GARDASIL is right for your daughter.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088. Please see the Patient Information on the next page to discuss it with your daughter's doctor or health care professional.


GARDASIL®
[Human Papillomavirus Quadrivalent
(Types 6, 11, 16, and 18) Vaccine, Recombinant]

gardasil.com 1-800-GARDASIL



For more information on the availability of GARDASIL through the Merck Vaccine Patient Assistance Program, visit gardasil.com/freevaccines or call 1-800-GARDASIL.

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**Patient Information about
GARDASIL® (pronounced "gard-Ah-sill")**

Generic name: [Human Papillomavirus Quadrivalent (Types 6, 11, 16, and 18) Vaccine, Recombinant]

Read this information with care before getting GARDASIL®. You (the person getting GARDASIL) will need 3 doses of the vaccine. It is important to read this leaflet when you get each dose. This leaflet does not take the place of talking with your health care provider about GARDASIL.

What is GARDASIL?

GARDASIL is a vaccine (injection/shot) that is used for girls and women 9 through 26 years of age to help protect against the following diseases caused by Human Papillomavirus (HPV):

- Cervical cancer
- Vulvar and vaginal cancers
- Genital warts
- Abnormal and precancerous cervical, vaginal, and vulvar lesions
 - The diseases listed above have many causes, and GARDASIL only protects against diseases caused by certain kinds of HPV (called Type 6, Type 11, Type 16, and Type 18). Most of the time, these 4 types of HPV are responsible for the diseases listed above.
 - GARDASIL cannot protect you from a disease that is caused by other types of HPV, other viruses, or bacteria.
 - GARDASIL does not treat HPV infection.
 - You cannot get HPV or any of the above diseases from GARDASIL.

What important information about GARDASIL should I know?

- You should continue to get routine cervical cancer screening.
- GARDASIL may not fully protect everyone who gets the vaccine.
- GARDASIL will not protect against HPV types that you already have.
- You may still benefit from GARDASIL if you do not already have all four vaccine types of HPV.

Who should not get GARDASIL?

You should not get GARDASIL if you have, or have had:

- an allergic reaction after getting a dose of GARDASIL.
- a severe allergic reaction to yeast, amorphous aluminum hydroxyphosphate sulfate, polysorbate 80.

What should I tell my health care provider before getting GARDASIL?

Tell your health care provider if you:

- are pregnant or planning to get pregnant. GARDASIL is not recommended for use in pregnant women.
- have immune problems, like HIV infection, cancer, or you take medicines that affect your immune system.
- have a fever over 100°F (37.8°C).
- had an allergic reaction to another dose of GARDASIL.
- take any medicines, even those you can buy over the counter.

Your health care provider will help decide if you should get the vaccine.

How is GARDASIL given?

GARDASIL is a shot that is usually given in the arm muscle. You will need 3 shots given on the following schedule:

- Dose 1: at a date you and your health care provider choose.
- Dose 2: 2 months after Dose 1.
- Dose 3: 6 months after Dose 1.

Fainting sometimes happens after getting GARDASIL. Your health care provider may ask you to sit or lie down for 15 minutes after you get GARDASIL.

Make sure that you get all 3 doses on time so that you get the best protection. If you miss a dose, talk to your health care provider.

What are the possible side effects of GARDASIL?

The most common side effects with GARDASIL are:

- pain, swelling, itching, bruising, and redness at the injection site
- headache
- fever
- nausea
- dizziness
- vomiting
- fainting

Tell your health care provider if you have any of the following problems because these may be signs of an allergic reaction:

- difficulty breathing
- wheezing (bronchospasm)
- hives
- rash

Tell your health care provider if you have:

- swollen glands (neck, armpit, or groin)
- joint pain
- unusual tiredness or weakness
- generally feeling unwell
- leg pain
- shortness of breath
- chest pain
- aching muscles
- muscle weakness
- seizure
- bad stomach ache

Contact your health care provider right away if you get any symptoms that concern you, even several months after getting the vaccine.

For a more complete list of side effects, ask your health care provider.

What are the ingredients in GARDASIL?

The ingredients are proteins of HPV Types 6, 11, 16, and 18, amorphous aluminum hydroxyphosphate sulfate, yeast protein, sodium chloride, L-histidine, polysorbate 80, sodium borate, and water for injection.

This leaflet is a summary of information about GARDASIL. If you would like more information, please talk to your health care professional or visit www.gardasil.com.

Issued September 2008

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You could win a trip for two to the **Woman's Day Red Dress Awards**

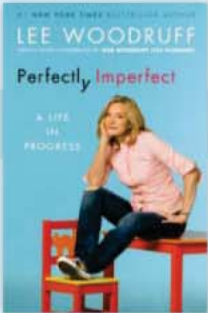
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- An all-access pass for two to attend the *Woman's Day* Red Dress Awards in February 2010
- Woman's Day* will get you **red-carpet ready** with two VIP beauty packages courtesy of Damone Roberts New York
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To enter, and for an instructional video, visit www.WomansDay.com/diary




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Woman's Day celebrated Lee Woodruff's new book

Perfectly Imperfect

where she reflects on the many ups and downs of daily living with honesty, poignancy and lots of humor.



The event was held on Tuesday, April 21, 2009, at JWT in New York City and catered by Café Metro. Check out a highlight video from the event at www.WomansDay.com/video.

From left to right: JWT Worldwide Chairman & CEO Bob Jeffrey, *Woman's Day* SVP/Chief Brand Officer Carlos Lamadrid, the TODAY show's Al Roker, *Perfectly Imperfect* author Lee Woodruff, *Woman's Day* SVP/Editor-in-Chief Jane Chesnutt, and journalist Bob Woodruff.

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WomansDay.com/diary

CANKER SORE CURE?

If you get frequent canker sores (a.k.a. recurrent aphthous stomatitis), you know how painful they are. Up until now there's been no good way to prevent or treat them. Fortunately, an easy new fix might be worth a try. Researchers from Ben Gurion University in Israel found that 74% of sufferers who took 1,000 mcg of vitamin B₁₂ daily for six months no longer experienced those annoying sores (compared with 32% of those who took a placebo). "This treatment is safe and inexpensive," says lead study author Ilia Volkov, MD. A.C.



fishy business

If you haven't already, you'll soon be seeing omega-3 enriched foods on grocery store shelves. Are they worth buying? Only if you won't eat fish or take a supplement, says Evelyn Tribole, RD, author of *The Ultimate Omega-3 Diet*. Though omega-3 enriched products such as yogurt, milk and cheese are better than nothing, most have only a fraction of the heart-healthy omega-3s in fish, and they rarely have enough DHA and EPA (the two most beneficial kinds), she explains. Your best bet for ample omega-3s is to eat oily fish like salmon at least twice a week. The second-best option: Take a fish oil supplement



mental health matters

you can buy happiness...

If you spend the right way. Using your cash for life experiences, such as dinner with friends or a trip, is better than buying that pair of shoes you really don't need. People who spent their money on experiences were more satisfied and happier in the long run, no matter how much they spent, says a San Francisco State University study. "We never get bored with memories like we do with material items," says study author Ryan Howell, PhD. Of course, most experiences happen with friends or family, which helps you feel connected and engaged—all keys to long-term happiness. A.C.

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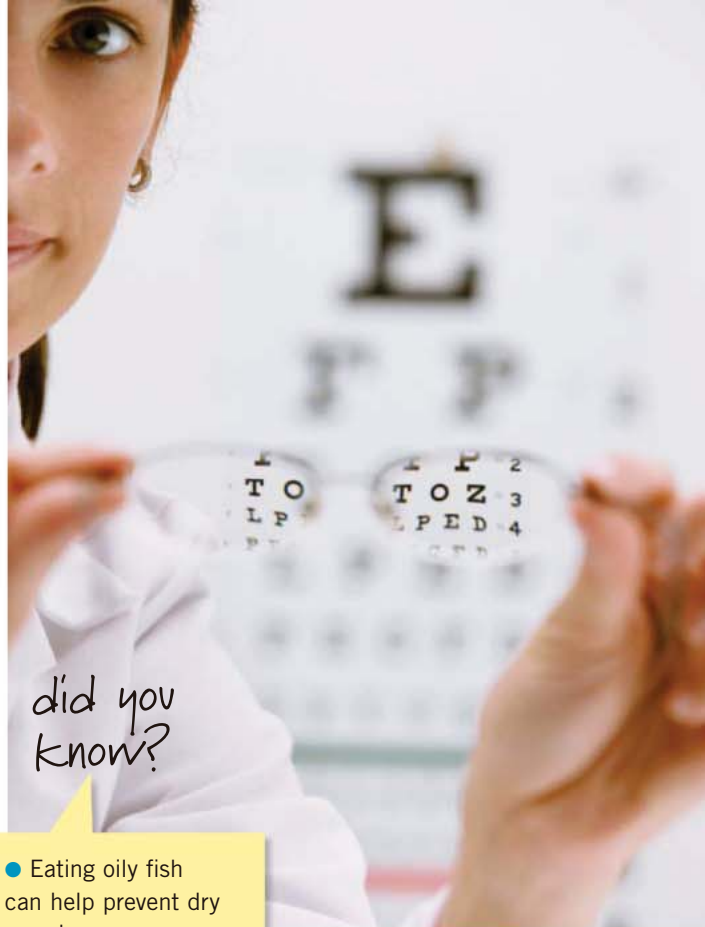


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protect your eyes at every age



in your 20s

Watch out for signs of nearsightedness, or not being able to see things from far away. Now's the time your vision may start to change, even if it's always been 20/20. All that time you spend studying, Facebooking, Twittering and texting doesn't exactly help, either. See an eye doctor at least once in this decade for a checkup, more often if you have a personal or family history of eye disease.

in your 30s

Hydrate—and we don't mean drinking more water (though it can't hurt). Many women start to get dry eye syndrome around now, and birth control pills are often a culprit. Prescription eye drops or OTC artificial tears can help. Get at least two eye exams between age 30 and 39, even if you're still seeing well.

in your 40s and 50s

See an ophthalmologist about every two years, say experts at the Mayo Clinic. Be sure the doctor dilates your eyes. This checks for conditions including cataracts (the lens of your eye becomes cloudy), glaucoma (pressure in the eye damages the optic

- Eating oily fish can help prevent dry eyes because omega-3 fatty acids help maintain normal tear production.
- Smoking doesn't just hurt your lungs: It damages eye cells and can speed up the development of macular degeneration.

nerve) and macular degeneration (part of the retina that processes light deteriorates). Aging can also cause farsightedness (you can't focus on things right in front of you), so it might be time to pick up a pair of reading glasses or bifocals. Try progressive lenses so there's no visible line in your glasses, or bifocal or monovision contacts (one eye is corrected for distance, the other

for near vision). If you haven't experienced dry eyes yet, there's a good chance you will now (thanks to aging and the hormonal changes that come with menopause).

in your 60s and older

Beware of macular degeneration. Your risk for this disease—the leading cause of age-related blindness in the U.S.—is highest now. If caught early, many cases can be successfully treated, which is why it's crucial to get screened annually. Issues with night driving (including seeing a glare from headlights), blurred vision or extreme sensitivity to light could mean early onset of cataracts.

“Wearing UV-protective sunglasses can help prevent or at least delay cataracts and other eye diseases.”

Marguerite McDonald, MD, cornea and refractive specialist and clinical professor of ophthalmology at NYU School of Medicine

PATIENT	Dr. Alison Tendler
DIAGNOSIS	Eye Doctor Chronic Dry Eye, reduced tear production due to inflammation
TREATMENT	<i>I use exactly what I prescribe for many of my patients: RESTASIS®</i>



I have a certain type of Chronic Dry Eye. I've tried all kinds of over-the-counter (OTC) drops and they weren't enough.

So now I use RESTASIS® Ophthalmic Emulsion, a prescription eye drop. Since RESTASIS® helps me make more of my own tears, I use fewer OTC drops.

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And ask your eye doctor if RESTASIS® is right for you.*

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Restasis®
(Cyclosporine Ophthalmic Emulsion) 0.05%

RESTASIS® Ophthalmic Emulsion helps increase your eyes' natural ability to produce tears, which may be reduced by inflammation due to Chronic Dry Eye. RESTASIS® did not increase tear production in patients using topical steroid drops or tear duct plugs.

Important Safety Information:

RESTASIS® Ophthalmic Emulsion should not be used by patients with active eye infections and has not been studied in patients with a history of herpes viral infections of the eye. The most common side effect is a temporary burning sensation. Other side effects include eye redness, discharge, watery eyes, eye pain, foreign body sensation, itching, stinging, and blurred vision.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Go to www.restasis29.com, or call 1-866-311-2412 for a free information kit.

Please see next page for important product information.

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INDICATIONS AND USAGE

RESTASIS® ophthalmic emulsion is indicated to increase tear production in patients whose tear production is presumed to be suppressed due to ocular inflammation associated with keratoconjunctivitis sicca. Increased tear production was not seen in patients currently taking topical anti-inflammatory drugs or using punctal plugs.

CONTRAINDICATIONS

RESTASIS® is contraindicated in patients with active ocular infections and in patients with known or suspected hypersensitivity to any of the ingredients in the formulation.

WARNING

RESTASIS® ophthalmic emulsion has not been studied in patients with a history of herpes keratitis.

PRECAUTIONS

General: For ophthalmic use only.

Information for Patients:

The emulsion from one individual single-use vial is to be used immediately after opening for administration to one or both eyes, and the remaining contents should be discarded immediately after administration.

Do not allow the tip of the vial to touch the eye or any surface, as this may contaminate the emulsion.

RESTASIS® should not be administered while wearing contact lenses. Patients with decreased tear production typically should not wear contact lenses. If contact lenses are worn, they should be removed prior to the administration of the emulsion. Lenses may be reinserted 15 minutes following administration of RESTASIS® ophthalmic emulsion.

Carcinogenesis, Mutagenesis, and Impairment of Fertility:

Systemic carcinogenicity studies were carried out in male and female mice and rats. In the 78-week oral (diet) mouse study, at doses of 1, 4, and 16 mg/kg/day, evidence of a statistically significant trend was found for lymphocytic lymphomas in females, and the incidence of hepatocellular carcinomas in mid-dose males significantly exceeded the control value.

In the 24-month oral (diet) rat study, conducted at 0.5, 2, and 8 mg/kg/day, pancreatic islet cell adenomas significantly exceeded the control rate in the low dose level. The hepatocellular carcinomas and pancreatic islet cell adenomas were not dose related. The low doses in mice and rats are approximately 1000 and 500 times greater, respectively, than the daily human dose of one drop (28 µL) of 0.05% RESTASIS® BID into each eye of a 60 kg person (0.001 mg/kg/day), assuming that the entire dose is absorbed.

Cyclosporine has not been found mutagenic/genotoxic in the Ames Test, the V79-HGPRT Test, the micronucleus test in mice and Chinese hamsters, the chromosome-aberration tests in Chinese hamster bone-marrow, the mouse dominant lethal assay, and the DNA-repair test in sperm from treated mice. A study analyzing sister chromatid exchange (SCE) induction by cyclosporine using human lymphocytes *in vitro* gave indication of a positive effect (i.e., induction of SCE).

No impairment in fertility was demonstrated in studies in male and female rats receiving oral doses of cyclosporine up to 15 mg/kg/day (approximately 15,000 times the human daily dose of 0.001 mg/kg/day) for 9 weeks (male) and 2 weeks (female) prior to mating.

Pregnancy-Teratogenic effects:

Pregnancy category C.

Teratogenic effects: No evidence of teratogenicity was observed in rats or rabbits receiving oral doses of cyclosporine up to 300 mg/kg/day during organogenesis. These doses in rats and rabbits are approximately 300,000 times greater than the daily human dose of one drop (28 µL) of 0.05% RESTASIS® BID into each eye of a 60 kg person (0.001 mg/kg/day), assuming that the entire dose is absorbed.

Non-Teratogenic effects: Adverse effects were seen in reproduction studies in rats and rabbits only at dose levels toxic to dams. At toxic doses (rats at 30 mg/kg/day and rabbits at 100 mg/kg/day), cyclosporine oral solution, USP, was embryo- and fetotoxic as indicated by increased pre- and postnatal mortality and reduced fetal weight together with related skeletal retardations. These doses are 30,000 and 100,000 times greater, respectively than the daily human dose of one-drop (28 µL) of 0.05% RESTASIS® BID into each eye of a 60 kg person (0.001 mg/kg/day), assuming that the entire dose is absorbed. No evidence of embryofetal toxicity was observed in rats or rabbits receiving cyclosporine at oral doses up to 17 mg/kg/day or 30 mg/kg/day, respectively, during organogenesis. These doses in rats and rabbits are approximately 17,000 and 30,000 times greater, respectively, than the daily human dose.

Offspring of rats receiving a 45 mg/kg/day oral dose of cyclosporine from Day 15 of pregnancy until Day 21 post partum, a maternally toxic level, exhibited an increase in postnatal mortality; this dose is 45,000 times greater than the daily human topical dose, 0.001 mg/kg/day, assuming that the entire dose is absorbed. No adverse events were observed at oral doses up to 15 mg/kg/day (15,000 times greater than the daily human dose).

There are no adequate and well-controlled studies of RESTASIS® in pregnant women. RESTASIS® should be administered to a pregnant woman only if clearly needed.

Nursing Mothers:

Cyclosporine is known to be excreted in human milk following systemic administration but excretion in human milk after topical treatment has not been investigated. Although blood concentrations are undetectable after topical administration of RESTASIS® ophthalmic emulsion, caution should be exercised when RESTASIS® is administered to a nursing woman.

Pediatric Use:

The safety and efficacy of RESTASIS® ophthalmic emulsion have not been established in pediatric patients below the age of 16.

Geriatric Use:

No overall difference in safety or effectiveness has been observed between elderly and younger patients.

ADVERSE REACTIONS

The most common adverse event following the use of RESTASIS® was ocular burning (17%).

Other events reported in 1% to 5% of patients included conjunctival hyperemia, discharge, epiphora, eye pain, foreign body sensation, pruritus, stinging, and visual disturbance (most often blurring).

Rx Only



Based on package insert 71876US1OU Revised January 2008

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US PAT 4,649,047; 4,839,342; 5,474,979.

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feet

23 CLEVER WAYS TO PROTECT YOUR BODY

healthy head to toe

by Sara Reistad-Long

YOU CAN SPOT-TREAT YOUR CARPET, nip out the weeds in your flower bed, and patch a leaky tire—why not apply some of that same bite-size strategy to your health?

We've consulted top experts and pulled together the latest research to create a part-by-part guide to keeping your body running at optimal levels. The best bit? Like your body, all these tips work together, so every little move will give your whole system a boost. Read on for the easiest approach to good health yet—top to bottom!

above the neck

head Chill out—literally. A new study led by Harvard researchers at Beth Israel Deaconess Medical Center found that for every rise of 9°F on a given day, your risk of getting a killer headache also goes up. If you're at home and feel a headache coming on, keep the thermostat down and, wherever you are, ice your forehead or drink something cool—it can actually lower your body temperature by a few degrees.

hair Get your zinc on. What you're eating can have a huge effect on how lustrous your hair is looking. "Zinc is essential in helping your hair grow," says Tanya Zuckerbrot, MS, RD, author of *The F-Factor Diet*. "It also helps keep the oil glands around the

follicles working properly, meaning no dandruff and just the right amount of gloss." Get zinc from foods such as lean beef, chicken, peanut butter and chickpeas (these also contain hair-strengthening protein).

BONUS Your gums will stay healthy. Zinc acts as an anti-inflammatory and helps stop plaque buildup.

brain Enrich your meals with omega-3s. Time and again, studies show that people who eat diets rich in these fatty acids (found in salmon and nuts) test high for mental sharpness.

ears Set aside a chunk of time during the day for silence. An hour is ideal, but if that's not possible, start with 10 minutes and work your way up. *(Please turn to 76)*

HEAD TO TOE

CONTINUED Constant exposure to sounds over 85 decibels—noise that's loud, but through which you can comfortably have a conversation, like in a busy restaurant—can, over time, lead to hearing loss.

BONUS Your skin will glow! “Anything you do to take your day down a notch will slow the production of stress hormones and help clear your complexion,” says David Colbert, MD, founder of New York Dermatology Group in New York City.

eyes Eat your greens. Leafy ones like spinach and kale contain the nutrients lutein and beta-carotene, which are critical to vision retention as we age.

BONUS Dark-green foods are also high in folic acid, which research shows can help reduce long-term hearing loss.

gums Make sure you're getting vitamin D. It's a major player in the battle against gum inflammation and periodontal disease, which have also been strongly linked to heart disease. “Don't forget that sunlight makes your body produce natural vitamin D,” says Zuckerbrot.

“Spending just 15 minutes outdoors twice a week, plus eating D-rich foods like milk and tuna, will keep your gums healthy.”

teeth Watch out for acidic foods and drinks like soda, wine and citrus fruits. They do a number on your tooth enamel, eroding it and making teeth discolored, more sensitive and susceptible to decay. A few easy tricks to minimize their effect: Try to eat acidic foods only when you're having an entire meal, so you'll produce more saliva and neutralize the acids. Chewing sugar-free gum (a saliva stimulant) right after having acidic foods and drinks also helps. Drink through a straw whenever you can; that way less of the liquid comes in direct contact with your teeth.



the middle ground

skin Before sunscreen, prime your skin with vitamin C and hyaluronic acids. “We're discovering that to optimize sun protection, the best approach is to multilayer,” says Dr. Colbert. “The right ingredients will help enforce the shield you're building with sunscreen.” Start with a thin layer of vitamin C cream to help replenish the collagen that sun exposure tends to wear down, then add lotion containing hyaluronic acid—a natural substance that locks in the moisture. (Check out the derma e line, available at *drugstore.com*) Finish up with sunscreen and you'll be set to take on the elements. Or you can start with a hyaluronic acid lotion, then add a moisturizer/vitamin C/sunscreen combo.

BONUS No more tired eyes. Both vitamin C and hyaluronic acids have a plumping effect, which will help lighten those dark undereye circles.

back Muscle up. “The stability of your spine is 80% due to muscle strength,” says Jorg Blech, author of

Healing Through Exercise. Focus on your core muscles, which support your back, by doing exercises like sit-ups (as many as you can do comfortably) twice a week. A 2008 study at the University of Colorado School of Medicine, for example, showed that core exercises were an especially effective remedy for lower back pain.

BONUS You'll burn more calories. The more muscles you have, the faster your metabolism.

breasts Get on a regular exercise schedule. Time and time again, research is showing that exercise plays a role in reducing breast cancer risk. One study showed that as little as 1 hour and 15 minutes to 2 hours and 30 minutes per week reduced risk by 18%. Women who exercise regularly often have less body fat and lower levels of circulating estrogen, which may help reduce breast cancer risk. Aim for 45 to 60 minutes of any physical activity (walking, biking, yoga) about five times a week. (Please turn to 79)

Vyvanse: Now approved for adults with ADHD.



“When my ADHD symptoms are controlled, **I can focus and finish what I start.**”

In a clinical study of adults with ADHD, once daily Vyvanse significantly improved symptoms of inattention (eg, lack of focus), hyperactivity, and impulsivity within one week.

If you have ADHD and have trouble focusing, ask your doctor about Vyvanse.
1-866-630-1283, www.vyvanse.com

NOW FOR ADULTS WITH ADHD

Vyvanse™
(lisdexamfetamine dimesylate) capsules

IMPORTANT SAFETY INFORMATION

Vyvanse is indicated for the treatment of ADHD. Efficacy based on two controlled trials in children aged 6 to 12 and one controlled trial in adults.

Tell the doctor about any heart conditions, including structural abnormalities, that you, your child, or a family member, may have. Inform the doctor **immediately** if you or your child develops symptoms that suggest heart problems, such as chest pain or fainting.

Vyvanse should not be taken if you or your child has advanced disease of the blood vessels (arteriosclerosis); symptomatic heart disease; moderate to severe high blood pressure; overactive thyroid gland (hyperthyroidism); known allergy or unusual reactions to drugs called sympathomimetic amines (for example, pseudoephedrine); seizures; glaucoma; a history of problems with alcohol or drugs; agitated states; taken a monoamine oxidase inhibitor (MAOI) within the last 14 days.

Tell the doctor **before** taking Vyvanse if you or your child is being treated for or has symptoms of depression (sadness, worthlessness, or hopelessness) or bipolar disorder; has abnormal thought or visions, hears abnormal sounds, or has been diagnosed with psychosis; has had seizures

or abnormal EEGs; has or has had high blood pressure; exhibits aggressive behavior or hostility. Tell the doctor **immediately** if you or your child develops any of these conditions or symptoms while taking Vyvanse.

Abuse of amphetamines may lead to dependence. Misuse of amphetamine may cause sudden death and serious cardiovascular adverse events. These events have also been reported rarely with amphetamine use.

Vyvanse was generally well tolerated in clinical studies. The most common side effects reported in studies of Vyvanse were: *children* – decreased appetite, difficulty falling asleep, stomachache, and irritability; *adult* – decreased appetite, difficulty falling asleep, and dry mouth.

Aggression, new abnormal thoughts/behaviors, mania, growth suppression, worsening of motion or verbal tics, and Tourette's syndrome have been associated with use of drugs of this type. Tell the doctor if you or your child has blurred vision while taking Vyvanse.

Please see Patient Brief Summary of Full Prescribing Information on the following page.

Shire...your ADHD Support Company™ ©2009 Shire US Inc. VYV00210 01/09

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

MEDICATION GUIDE

VYVANSE™ (lisdexamfetamine dimesylate) CII

Read the Medication Guide that comes with Vyvanse before you or your child starts taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about you or your child's treatment with Vyvanse.

What is the most important information I should know about Vyvanse?
Vyvanse is a stimulant medicine. The following have been reported with use of stimulant medicines.

1. Heart-related problems:

- sudden death in patients who have heart problems or heart defects
- stroke and heart attack in adults
- increased blood pressure and heart rate

Tell your doctor if you or your child have any heart problems, heart defects, high blood pressure, or a family history of these problems.

Your doctor should check you or your child carefully for heart problems before starting Vyvanse.

Your doctor should check you or your child's blood pressure and heart rate regularly during treatment with Vyvanse.

Call your doctor right away if you or your child has any signs of heart problems such as chest pain, shortness of breath, or fainting while taking Vyvanse.

2. Mental (Psychiatric) problems:

All Patients

- new or worse behavior and thought problems
- new or worse bipolar illness
- new or worse aggressive behavior or hostility

Children and Teenagers

- new psychotic symptoms (such as hearing voices, believing things that are not true, are suspicious) or new manic symptoms

Tell your doctor about any mental problems you or your child have, or about a family history of suicide, bipolar illness, or depression.

Call your doctor right away if you or your child have any new or worsening mental symptoms or problems while taking Vyvanse, especially seeing or hearing things that are not real, believing things that are not real, or are suspicious.

What Is Vyvanse?

Vyvanse is a central nervous system stimulant prescription medicine. It is used for the treatment of Attention-Deficit Hyperactivity Disorder (ADHD). Vyvanse may help increase attention and decrease impulsiveness and hyperactivity in patients with ADHD.

Vyvanse should be used as a part of a total treatment program for ADHD that may include counseling or other therapies.

Vyvanse is a federally controlled substance (CII) because it can be abused or lead to dependence. Keep Vyvanse in a safe place to prevent misuse and abuse. Selling or giving away Vyvanse may harm others, and is against the law.

Tell your doctor if you or your child have (or have a family history of) ever abused or been dependent on alcohol, prescription medicines or street drugs.

Who should not take Vyvanse?

Vyvanse should not be taken if you or your child:

- have heart disease or hardening of the arteries
 - have moderate to severe high blood pressure
 - have hyperthyroidism
 - have an eye problem called glaucoma
 - is sensitive to, allergic to, or had a reaction to other stimulant medicines
 - are very anxious, tense, or agitated
 - have a history of drug abuse
 - are taking or have taken within the past 14 days an anti-depression medicine called a monoamine oxidase inhibitor or MAOI
- Vyvanse has not been studied in children less than 6 years old. Vyvanse is not recommended for use in children less than 3 years old.

Vyvanse may not be right for you or your child. Before starting Vyvanse tell your or your child's doctor about all health conditions (or a family history of) including:

- heart problems, heart defects, high blood pressure
- mental problems including psychosis, mania, bipolar illness, or depression
- tics or Tourette's syndrome
- liver or kidney problems
- thyroid problems
- seizures or have had an abnormal brain wave test (EEG)

Tell your doctor if you or your child is pregnant, planning to become pregnant, or breastfeeding.

Can Vyvanse be taken with other medicines?

Tell your doctor about all of the medicines that you or your child take including prescription and non-prescription medicines, vitamins, and herbal supplements. Vyvanse and some medicines may interact with each other and cause serious side effects. Sometimes the doses of other medicines will need to be adjusted while taking Vyvanse.

Your doctor will decide whether Vyvanse can be taken with other medicines.

Especially tell your doctor if you or your child takes:

- anti-depression medicines including MAOIs
- anti-psychotic medicines
- blood pressure medicines
- narcotic pain medicines
- lithium
- seizure medicines

Know the medicines that you or your child takes. Keep a list of your medicines with you to show your doctor and pharmacist.

Do not start any new medicine while taking Vyvanse without talking to your doctor first.

How should Vyvanse be taken?

- **Take Vyvanse exactly as prescribed.** Vyvanse comes in 6 different strength capsules. Your doctor may adjust the dose until it is right for you or your child.
- Take Vyvanse once a day in the morning.
- Vyvanse can be taken with or without food.
- From time to time, your doctor may stop Vyvanse treatment for a while to check ADHD symptoms.
- Your doctor may do regular checks of the blood, heart, and blood pressure while taking Vyvanse. Children should have their height and weight checked often while taking Vyvanse. Vyvanse treatment may be stopped if a problem is found during these check-ups.
- **If you or your child takes too much Vyvanse or overdoses, call your doctor or poison control center right away, or get emergency treatment.**

What are possible side effects of Vyvanse?

See "What is the most important information I should know about Vyvanse?" for information on reported heart and mental problems.

Other serious side effects include:

- slowing of growth (height and weight) in children
- seizures, mainly in patients with a history of seizures
- eyesight changes or blurred vision

Common side effects include:

- upper belly pain
- dizziness
- irritability
- nausea
- weight loss
- decreased appetite
- dry mouth
- trouble sleeping
- vomiting

Vyvanse may affect your or your child's ability to drive or do other dangerous activities. Talk to your doctor if you or your child has side effects that are bothersome or do not go away.

This is not a complete list of possible side effects. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Vyvanse?

- Store Vyvanse in a safe place at room temperature, 59 to 86° F (15 to 30° C). Protect from light.
- **Keep Vyvanse and all medicines out of the reach of children.**

General information about Vyvanse

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use Vyvanse for a condition for which it was not prescribed. Do not give Vyvanse to other people, even if they have the same condition. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about Vyvanse. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Vyvanse that was written for healthcare professionals. For more information about Vyvanse, please contact Shire US Inc. at 1-800-828-2088.

What are the ingredients in Vyvanse?

Active Ingredient: lisdexamfetamine dimesylate

Inactive Ingredients: microcrystalline cellulose, croscarmellose sodium, and magnesium stearate. The capsule shells contain gelatin, titanium dioxide, and one or more of the following: D&C Red #28, D&C Yellow #10, FD&C Blue #1, FD&C Green #3, and FD&C Red #40.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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Last Modified: 11/2008

LDXMG13

 Shire

Are your child's ADHD symptoms controlled during HOMEWORK?

HEAD TO TOE

CONTINUED BONUS Your mood will improve. New research shows that as little as one hour of low-impact exercise (like walking) per week had a significant positive effect on people's moods.

hands Deep-moisturize. All that hand washing to avoid germs really sucks the moisture out of your skin, which, if left untreated, can develop eczema, a condition that causes itchy, dry, flaky patches. Moisturize frequently with a cream or lotion

may protect the lungs from stress, while the omega-3s helps reduce inflammation.

BONUS A 2008 study in the *British Journal of Cancer*—the largest of its kind—reinforced the idea that the diet also cuts cancer risk.

kidneys Stay clear of processed foods. They're loaded with salt, a big cause of kidney stones, which are on the rise in women, says Spencer Long, MD, a Pennsylvania urologist. A second way to stay clear of stones: Drink lots of water, especially in the

Quitting smoking can reduce your risk of dying from heart disease by 50%.

thick enough to form a protective layer, says Eric Schweiger, MD, clinical instructor of dermatology at Mount Sinai Medical Center in New York City.

heart Grab some grapes. They contain a powerful antioxidant called resveratrol, which can significantly reduce your risk of heart disease. It's also found in wine (part of the reason a glass of red wine can be good for your heart), but drinking more than about one 4-oz glass a day can raise the risk for other diseases, including breast cancer. But you can eat grapes every day.

lungs Go Mediterranean—with your diet, that is. According to a recent Harvard study, it turns out that people eating diets rich in vitamins C and E, beta-carotene, flavonoids and omega-3s—all nutrients you'd get a lot of from a Mediterranean diet—were significantly less prone to breathing problems like asthma and chronic bronchitis. Researchers think that the antioxidants

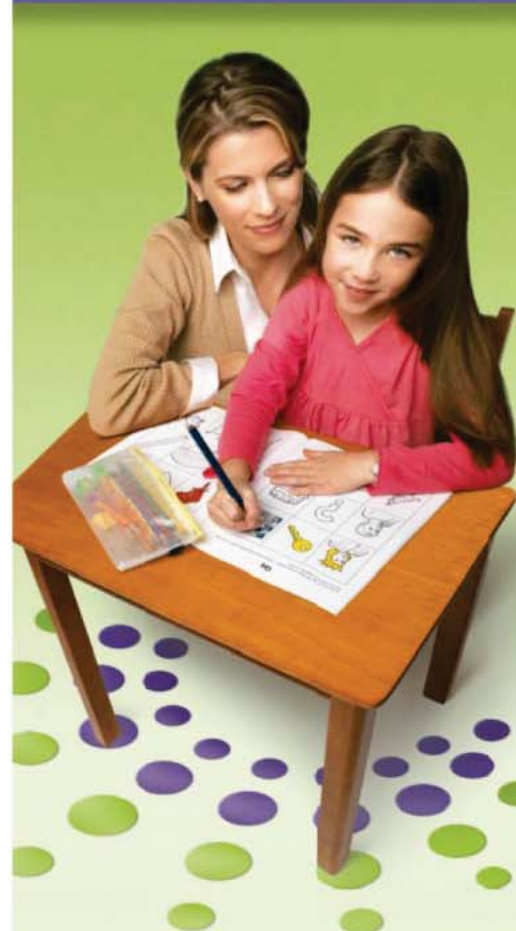
summer months, when we're sweating a lot and most cases of kidney stones occur.

BONUS Reduce your chances of a heart attack. Research shows that reducing your salt intake by just 3 grams a day could lower your odds of having a heart attack by 8%.

liver Go easy on the acetaminophen and try some selenium. A recent study in *The Journal of the American Medical Association* found that even at recommended doses, just four days of using acetaminophen may cause short-term liver damage. On the other hand, selenium—a mineral found in turkey, eggs, oatmeal, fish and mushrooms—has been shown to boost liver function.

BONUS Lower your lung cancer risk. Studies show that selenium also protects the lungs and may help improve asthma symptoms.

stomach Trim some serious fat from your food. People who are heartburn-free eat about 10 grams less fat daily than those who get that (Please turn to 80)



Vyvanse™
(lisdexamfetamine
dimesylate) capsules

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prescription.**

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to download your
coupon today.

(Restrictions may apply.)

Please see Important Safety Information
and Brief Summary of Full Prescribing
Information on the adjacent pages.

HEAD TO TOE

CONTINUED uncomfortable sensation in their chest regularly, according to a recent study. A few little fat-reducing tweaks, like switching from whole milk to skim and eggs to egg whites, trimming the skin off chicken and going with 90% lean meat, really add up.

pancreas Rest up!

Getting a good night's sleep is one of the best things you can do for your pancreas, the organ that's responsible for producing insulin (which you want to keep low). "Losing sleep for even one night is associated with spikes in insulin resistance the very

next day," says Rubin Naiman, PhD, clinical assistant professor of medicine at the University of Arizona's Center for Integrative Medicine. The more resistant your body becomes to insulin, the harder your pancreas

has to work. As time goes on, this puts you at greater risk for type 2 diabetes.

BONUS Reduce wrinkles. "Our muscles are at their most deeply relaxed when we're dreaming, and that happens during the

REM stage of sleep, which you're in more during the latter third of the night," says Dr. Naiman. "By letting our muscles rest for a few hours each night, we're easing out lines and wrinkles." *(Please turn to 83)*



YOUR 2009

CHECKUP CHECKLIST

Everyone puts off doctor's visits, but seeing the experts for big-picture status reports regularly is crucial to catching diseases in their earliest, most treatable stages. Here's what to stay on top of:

☐ **GENERAL CHECKUP** Ideally, every year.

☐ **BLOOD PRESSURE** Every year at your annual checkup.

☐ **BLOOD SUGAR** Every 3 years starting at age 45; earlier if you have diabetes risk factors such as a family history, being overweight, high cholesterol or high blood pressure.

☐ **CHOLESTEROL TEST** Every 5 years starting at age 20. Start earlier or have it checked more often if you have a family history of heart disease or other risk factors for heart disease (like hypertension or diabetes).

☐ **VACCINATIONS** Get a tetanus-diphtheria (Td) booster every 10 years.

All adults need a one-time dose of Tdap (a combo of whooping cough, tetanus and diphtheria vaccines). In addition, get an annual flu shot, especially if you're over 50 or have any chronic conditions.

☐ **BREAST EXAM/MAMMOGRAM** Do a monthly self-exam and have a yearly doctor's clinical breast exam. Once you're 40, have a mammogram every year, maybe starting at a younger age if you're at an increased risk for breast cancer.

☐ **PELVIC EXAM/PAP SMEAR** If you're under 30, get these annually. If you're over 30 and have gone for 3 years with normal results, you may be able to get a Pap every 2 to 3 years.

☐ **EYE EXAM** Twice in your 30s; every 1 to 2 years starting at age 40.

☐ **TEETH CLEANING AND EXAM** Annually or more often, depending on what your dentist recommends.

☐ **COLONOSCOPY** Unless you have a family history of colon cancer or symptoms, you can wait until age 50. Talk to your doctor about how often you should get them.

☐ **BONE DENSITY TEST** Get screened at least once starting at age 65, but if you have risk factors for osteoporosis (a family history, or you're taking meds that can affect bone density), your doctor may suggest that you be tested earlier and more often.

Does your laxative treat you the way you deserve to be treated?



Only MiraLAX® relieves constipation with no bloating, no cramping, no gas and no sudden urgency.

No wonder doctors recommend MiraLAX more than any other laxative.

Be kind to your body with a different kind of laxative. Once you try MiraLAX, you'll never settle for anything else.

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THE ONE
FOR BOTH
OF YOU
IS NOW
THE ONE
FOR EACH
OF YOU.



below the belt

intestines Have a cup of coffee and a handful of almonds. Recent research shows that both can up the levels of “good” bacteria in your digestive system, helping ward off illness and aiding good digestion.

colon Amp up your calcium intake. According to a 2009 study in the *Archives of Internal Medicine*, a diet that’s high in calcium may actually help ward off colon cancer in women. The best-off? Women who got an average of 1,200

problems more than doubled. If you consume 1,800 calories a day, 2% from trans fats equals just 4 grams—not a lot.

cervix Steer clear of cigarettes and secondhand smoke. They raise your risk for just about every disease, and now research shows that smoking ups your risk for cervical cancer by approximately 50%, according to the American Cancer Society. The toxins in nicotine travel through the bloodstream all the way to the cervix (among other places), where they damage cervical cells.

Your feet are more injury-prone than any other body part. So treat 'em right!

mg each day. (That’s about as much as the recommended daily intake for dairy, which you can get by having 1 cup of reduced-fat milk, two slices of cheese and 1 cup of yogurt.)

ovaries Stay away from trans fats! Fortunately, many food manufacturers are no longer using these in their products, but check nutrition labels on packaged foods to be sure (look for partially hydrogenated oils or fat).

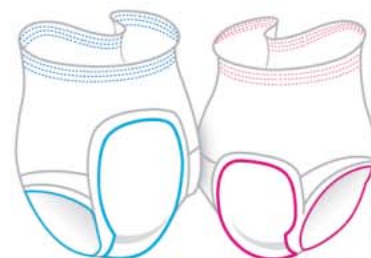
You already know that they’re bad for your heart; now there’s another reason to ban them from your diet: The landmark Nurses’ Healthy Study II (involving more than 18,000 women) found that for every 2% of calories women ate from trans fats instead of monounsaturated fats (the healthy kind found in nuts and avocados), their risk of infertility due to ovulation

knees Walk! As little as 10 to 15 minutes of walking (or even running) a day can help stimulate your knee cartilage and protect it from degeneration and osteoarthritis.

feet Give them a rinse down—with dandruff shampoo—and a massage. Washing your feet with a shampoo containing selenium sulfide two to three times a week can help prevent foot fungus. (Try Head and Shoulders Intensive Solutions.) And get this: Nearly 80% of Americans have experienced foot pain, says the American Podiatric Medical Association. Much of this is thanks to—big surprise—spending too much time in uncomfortable shoes. Show your feet a little love by giving them a massage daily, using long strokes from the ball of your foot down to your heel. Or if you’re lucky, convince a very good friend (or husband) to do it! **wd**

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no more belly!

by Karen Asp

Trim your tummy with ballet-inspired moves—no crunches required

ABS WITH EXTENDED LEG BEATS Lie faceup on floor, legs extended straight out on floor and arms at sides. Lift legs about 45 degrees off floor, pointing toes. Lift shoulder blades and hold on to backs of thighs with both hands. Keep your spine rounded with your lower back resting on floor as you alternate crossing your ankles over one another. Do 10 slow crosses. Then do 20 quick crosses. ►

TO GET FLAT ABS, FORGET about suffering through sit-ups. Channel your inner dancer and have a little fun with this easy routine from trainer Elise Gulan, creator of the *Element: Ballet Conditioning* DVD. “Ballet uses your entire body in every pose, so as you’re flattening your belly, you’re also trimming your hips, butt and thighs,” says Gulan. And you don’t even need special shoes or dance skills! Do these moves at least three to four times a week (while following a healthy diet) and you should see a tighter tummy in a month. The big bonus: You’ll improve your balance and posture—which will make you look slimmer almost instantly.



KEITH LATHROP; HAIR & MAKEUP BY NIKKI WANG; STYLING BY MARIA-STEFANIA FOR HALLEY RESOURCES; TOP: PRANA; PANTS: SO LOW; SNEAKERS: AVIA.

THERE ARE TWO FORMS OF AMBIEN® (ZOLPIDEM TARTRATE)©. WHICH ONE IS RIGHT FOR YOU?



AMBIEN CR is the only form of Ambien that is FDA approved to help you fall asleep and stay asleep:



The first layer dissolves quickly to help you fall asleep fast, while the second dissolves slowly to help you stay asleep*—so you wake up less frequently and fall back to sleep faster.** Wake up ready for your day with 2-layer AMBIEN CR.

There is no generic form of **AMBIEN CR**, so ask your prescriber or pharmacist for **AMBIEN CR** by name.

* Proven effective for up to 7 hours in clinical studies.

** Individual results may vary.

For special savings and a 7-Night free trial of **AMBIEN CR visit: CRFree7Day.com or call 1.877.827.1767.**

IMPORTANT SAFETY INFORMATION

AMBIEN CR is indicated to help you fall asleep and/or stay asleep.

AMBIEN is indicated for short-term treatment to help you fall asleep.

AMBIEN and AMBIEN CR are treatment options you and your doctor can consider along with lifestyle changes. When taking either of them, don't drive or operate machinery. Plan to devote 7 to 8 hours to sleep before being active. Sleepwalking, and eating or driving while not fully awake, with amnesia for the event, as well as abnormal behaviors such as being more outgoing or aggressive than normal, confusion, agitation, and hallucinations have been reported. Don't take it with alcohol as it may increase these

behaviors. In patients with depression, worsening of depression, including risk of suicidal thoughts or actions, may occur. If you experience any of these behaviors contact your doctor immediately. In rare cases sleep aids may cause allergic reactions such as swelling of your tongue or throat or shortness of breath or more severe results. If you have an allergic reaction while using AMBIEN or AMBIEN CR, contact your doctor immediately. Side effects of AMBIEN CR may include next-day drowsiness, dizziness, and headache. There is a low occurrence of side effects associated with the short-term use of AMBIEN. The most commonly observed side effects in controlled clinical trials were drowsiness, dizziness, and diarrhea. AMBIEN is taken for 7 to 10 days – or longer as advised by your provider. AMBIEN CR can be taken as

long as your doctor recommends. AMBIEN and AMBIEN CR have some risk of dependency. They are non-narcotic.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or 1-800-FDA-1088.



MEDICATION GUIDE

AMBIEN CR® (ām'bē-ən see ahr) **C-IV** (zolpidem tartrate extended-release tablets)

Read the Medication Guide that comes with AMBIEN CR before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about your medical condition or treatment.

What is the most important information I should know about AMBIEN CR?

After taking AMBIEN CR, you may get up out of bed while not being fully awake and do an activity that you do not know you are doing. The next morning, you may not remember that you did anything during the night. You have a higher chance for doing these activities if you drink alcohol or take other medicines that make you sleepy with AMBIEN CR. Reported activities include:

- driving a car ("sleep-driving")
- making and eating food
- talking on the phone
- having sex
- sleep-walking

Call your doctor right away if you find out that you have done any of the above activities after taking AMBIEN CR.

Important:

1. Take AMBIEN CR exactly as prescribed

- Do not take more AMBIEN CR than prescribed.
- Take AMBIEN CR right before you get in bed, not sooner.

2. Do not take AMBIEN CR if you:

- drink alcohol
- take other medicines that can make you sleepy. Talk to your doctor about all of your medicines. Your doctor will tell you if you can take AMBIEN CR with your other medicines.
- cannot get a full night's sleep

What is AMBIEN CR?

AMBIEN CR is a sedative-hypnotic (sleep) medicine. AMBIEN CR is used in adults for the treatment of a sleep problem called insomnia. Symptoms of insomnia include:

- trouble falling asleep
- waking up often during the night

AMBIEN CR is not for children.

AMBIEN CR is a federally controlled substance (C-IV) because it can be abused or lead to dependence. Keep AMBIEN CR in a safe place to prevent misuse and abuse. Selling or giving away AMBIEN CR may harm others, and is against the law. Tell your doctor if you have ever abused or have been dependent on alcohol, prescription medicines or street drugs.

Who should not take AMBIEN CR?

Do not take AMBIEN CR if you are allergic to anything in it. See the end of this Medication Guide for a complete list of ingredients in AMBIEN CR.

AMBIEN CR may not be right for you. Before starting AMBIEN CR, tell your doctor about all of your health conditions, including if you:

- have a history of depression, mental illness, or suicidal thoughts
- have a history of drug or alcohol abuse or addiction
- have kidney or liver disease
- have a lung disease or breathing problems
- are pregnant, planning to become pregnant, or breastfeeding

Tell your doctor about all of the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements. Medicines can interact with each other, sometimes causing serious side effects. **Do not take AMBIEN CR with other medicines that can make you sleepy.**

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

How should I take AMBIEN CR?

- Take AMBIEN CR exactly as prescribed. Do not take more AMBIEN CR than prescribed for you.
- **Take AMBIEN CR right before you get into bed.**
- **Do not take AMBIEN CR unless you are able to stay in bed a full night (7-8 hours) before you must be active again.**
- Swallow AMBIEN CR Tablets whole. Do not chew or break the tablets. Tell your doctor if you cannot swallow tablets whole.

- For faster sleep onset, AMBIEN CR should NOT be taken with or immediately after a meal.
- Call your doctor if your insomnia worsens or is not better within 7 to 10 days. This may mean that there is another condition causing your sleep problems.
- If you take too much AMBIEN CR or overdose, call your doctor or poison control center right away, or get emergency treatment.

What are the possible side effects of AMBIEN CR?

Serious side effects of AMBIEN CR include:

- **getting out of bed while not being fully awake and do an activity that you do not know you are doing.** (See "What is the most important information I should know about AMBIEN CR?")
- **abnormal thoughts and behavior.** Symptoms include more outgoing or aggressive behavior than normal, confusion, agitation, hallucinations, worsening of depression, and suicidal thoughts or actions.
- **memory loss**
- **anxiety**
- **severe allergic reactions.** Symptoms include swelling of the tongue or throat, trouble breathing, and nausea and vomiting. Get emergency medical help if you get these symptoms after taking AMBIEN CR.

Call your doctor right away if you have any of the above side effects or any other side effects that worry you while using AMBIEN CR.

The most common side effects of AMBIEN CR are:

- headache
- sleepiness
- dizziness
- You may still feel drowsy the next day after taking AMBIEN CR. **Do not drive or do other dangerous activities after taking AMBIEN CR until you feel fully awake.**

After you stop taking a sleep medicine, you may have symptoms for 1 to 2 days such as: trouble sleeping, nausea, flushing, lightheadedness, uncontrolled crying, vomiting, stomach cramps, panic attack, nervousness, and stomach area pain.

These are not all the side effects of AMBIEN CR. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store AMBIEN CR?

- Store AMBIEN CR at room temperature, 59° to 77°F (15° to 25° C).
- **Keep AMBIEN CR and all medicines out of reach of children.**

General Information about AMBIEN CR

- Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide.
- Do not use AMBIEN CR for a condition for which it was not prescribed.
- Do not share AMBIEN CR with other people, even if you think they have the same symptoms that you have. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about AMBIEN CR. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about AMBIEN CR that is written for healthcare professionals. For more information about AMBIEN CR, call 1-800-633-1610 or visit www.ambienr.com.

What are the ingredients in AMBIEN CR?

Active Ingredient: Zolpidem tartrate

Inactive Ingredients: The 6.25 mg tablets contain: colloidal silicon dioxide, hypromellose, lactose monohydrate, magnesium stearate, microcrystalline cellulose, polyethylene glycol, potassium bitartrate, red ferric oxide, sodium starch glycolate, and titanium dioxide. The 12.5 mg tablets contain: colloidal silicon dioxide, FD&C Blue #2, hypromellose, lactose monohydrate, magnesium stearate, microcrystalline cellulose, polyethylene glycol, potassium bitartrate, sodium starch glycolate, titanium dioxide, and yellow ferric oxide.

Rx Only

This Medication Guide has been approved by the U.S. Food and Drug Administration.

sanofi-aventis U.S. LLC

Bridgewater, NJ 08807

January 2008a

AMBCR-JAN08a-M-A

MEDICATION GUIDE
AMBIEN® (ām'bē-ən) **Tablets C-IV**
(zolpidem tartrate)

Read the Medication Guide that comes with AMBIEN before you start taking it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking to your doctor about your medical condition or treatment.

What is the most important information I should know about AMBIEN?

After taking AMBIEN, you may get up out of bed while not being fully awake and do an activity that you do not know you are doing. The next morning, you may not remember that you did anything during the night. You have a higher chance for doing these activities if you drink alcohol or take other medicines that make you sleepy with AMBIEN. Reported activities include:

- driving a car (“sleep-driving”)
- making and eating food
- talking on the phone
- having sex
- sleep-walking

Call your doctor right away if you find out that you have done any of the above activities after taking AMBIEN.

Important:

1. Take AMBIEN exactly as prescribed

- Do not take more AMBIEN than prescribed.
- Take AMBIEN right before you get in bed, not sooner.

2. Do not take AMBIEN if you:

- drink alcohol
- take other medicines that can make you sleepy. Talk to your doctor about all of your medicines. Your doctor will tell you if you can take AMBIEN with your other medicines.
- cannot get a full night's sleep

What is AMBIEN?

AMBIEN is a sedative-hypnotic (sleep) medicine. AMBIEN is used in adults for the short-term treatment of a sleep problem called insomnia. Symptoms of insomnia include:

- trouble falling asleep

AMBIEN is not for children.

AMBIEN is a federally controlled substance (C-IV) because it can be abused or lead to dependence. Keep AMBIEN in a safe place to prevent misuse and abuse. Selling or giving away AMBIEN may harm others, and is against the law. Tell your doctor if you have ever abused or have been dependent on alcohol, prescription medicines or street drugs.

Who should not take AMBIEN?

Do not take AMBIEN if you are allergic to anything in it. See the end of this Medication Guide for a complete list of ingredients in AMBIEN.

AMBIEN may not be right for you. Before starting AMBIEN, tell your doctor about all of your health conditions, including if you:

- have a history of depression, mental illness, or suicidal thoughts
- have a history of drug or alcohol abuse or addiction
- have kidney or liver disease
- have a lung disease or breathing problems
- are pregnant, planning to become pregnant, or breastfeeding

Tell your doctor about all of the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements. Medicines can interact with each other, sometimes causing serious side effects. **Do not take AMBIEN with other medicines that can make you sleepy.**

Know the medicines you take. Keep a list of your medicines with you to show your doctor and pharmacist each time you get a new medicine.

How should I take AMBIEN?

- Take AMBIEN exactly as prescribed. Do not take more AMBIEN than prescribed for you.
- **Take AMBIEN right before you get into bed.**

- **Do not take AMBIEN unless you are able to stay in bed a full night (7-8 hours) before you must be active again.**
- For faster sleep onset, AMBIEN should NOT be taken with or immediately after a meal.
- Call your doctor if your insomnia worsens or is not better within 7 to 10 days. This may mean that there is another condition causing your sleep problem.
- If you take too much AMBIEN or overdose, call your doctor or poison control center right away, or get emergency treatment.

What are the possible side effects of AMBIEN?

Serious side effects of AMBIEN include:

- **getting out of bed while not being fully awake and do an activity that you do not know you are doing.** (See “What is the most important information I should know about AMBIEN?”)
- **abnormal thoughts and behavior.** Symptoms include more outgoing or aggressive behavior than normal, confusion, agitation, hallucinations, worsening of depression, and suicidal thoughts or actions.
- **memory loss**
- **anxiety**
- **severe allergic reactions.** Symptoms include swelling of the tongue or throat, trouble breathing, and nausea and vomiting. Get emergency medical help if you get these symptoms after taking AMBIEN.

Call your doctor right away if you have any of the above side effects or any other side effects that worry you while using AMBIEN.

The most common side effects of AMBIEN are:

- drowsiness
- dizziness
- diarrhea
- “drugged feelings”
- You may still feel drowsy the next day after taking AMBIEN. **Do not drive or do other dangerous activities after taking AMBIEN until you feel fully awake.**

After you stop taking a sleep medicine, you may have symptoms for 1 to 2 days such as: trouble sleeping, nausea, flushing, lightheadedness, uncontrolled crying, vomiting, stomach cramps, panic attack, nervousness, and stomach area pain.

These are not all the side effects of AMBIEN. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store AMBIEN?

- Store AMBIEN at room temperature, 68° to 77°F (20° to 25°C).
- **Keep AMBIEN and all medicines out of reach of children.**

General Information about AMBIEN

- Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide.
- Do not use AMBIEN for a condition for which it was not prescribed.
- Do not share AMBIEN with other people, even if you think they have the same symptoms that you have. It may harm them and it is against the law.

This Medication Guide summarizes the most important information about AMBIEN. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about AMBIEN that is written for healthcare professionals. For more information about AMBIEN, call 1-800-633-1610.

What are the ingredients in AMBIEN?

Active Ingredient: Zolpidem tartrate

Inactive Ingredients: hydroxypropyl methylcellulose, lactose, magnesium stearate, micro-crystalline cellulose, polyethylene glycol, sodium starch glycolate, and titanium dioxide. In addition, the 5 mg tablet contains FD&C Red No. 40, iron oxide colorant, and polysorbate 80.

Rx Only

This Medication Guide has been approved by the U.S. Food and Drug Administration.

sanofi-aventis U.S. LLC

Bridgewater, NJ 08807

June 2008

AMB-JUNE08-M-Aa

EXTENDED LATERAL LEG

LIFTS Stand with heels together, toes a few inches apart. **a)** Extend right leg straight in front of you and lift it as high as you can. Lift your right arm overhead (hold on to a chair for support) and contract your abs. **b)** Using the strength of your core and legs and keeping your torso facing forward, move right leg to the right until it's in line with your right shoulder. Move the leg back to the front. Without lowering it to the floor, repeat 8 times. Switch sides and repeat.



STANDING OBLIQUE PASSÉ LIFTS **a)** Stand on your right leg and bend your left knee to the side, resting left toes on right shin. Extend arms overhead in a rounded position, fingertips almost touching. **b)** Bend your upper body to the left and lift the bent left leg as much as you can so that your elbow and knee approach each other. Return to start and repeat 10 times. Switch sides and repeat.



SIDE PLANK LEG LIFTS Kneel on floor. **a)** Keeping left knee on floor, lift right leg off floor, extending it straight out to side at hip level. Keep left hand on floor directly below left shoulder and extend right arm straight overhead. Contract your abs. In this position, move right leg up and down about an inch 10 times. **b)** Then move your right leg forward until the sole of your foot faces straight ahead and leg is in line with hip in front of your body. Lower leg to the floor and then lift it slightly higher than your hip 10 times. Switch sides and repeat. ►



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THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

† Supportive, but not conclusive research shows that consumption of EPA and DHA Omega-3 fatty acids may reduce the risk of coronary heart disease.

[†] By lowering levels of C-Reactive Protein (CRP), one of the key markers of cardiovascular health, MegaRed® helps you maintain a healthy heart. This finding is based on a comparison of a clinical trial studying 300 mg NKOTM Krill Oil (1 MegaRed® softgel) vs. clinical trials studying at least 3000 mg fish oil (3 typical fish oil softgels).
[♦] Other cardiovascular health benefits, such as maintaining healthy cholesterol and triglyceride levels, have been discovered at daily doses of 1000 mg NKOTM Krill Oil or more. Therefore, you may choose to take one or more softgels daily. While fish oil provides other cardiovascular benefits, MegaRed® lowers CRP and triglycerides better than fish oil.

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553-C1

Available at:



Club Stores and other Retailers



LOWER ABDOMINAL HIP LIFTS Lie faceup on floor with both legs extended straight up in the air and arms at your sides on the floor. Point your toes and draw your abs in and up. Without straining your neck or shoulders, lift your hips 2 inches off the floor, then lower. Repeat 8 times at a slow, controlled pace. Then repeat the movement a little more quickly 16 times.

LEG LIFTS Lie faceup and place your feet on the floor hip-width apart with your legs bent. Tuck your hips under and lift them off the floor as far as you can without straining your back or neck. **a)** Extend the left leg straight up overhead, toes pointed, and lift up onto ball of right foot. Hold this position. **b)** Keeping the heel of your right foot off the floor, flex your left foot and lower the left leg until it's about parallel with your right knee. Now point the toes and lift the leg back to start. Repeat 8 times. Then do another 8 a little faster. Switch sides and repeat.



a



b



PARALLEL STRAIGHT LEGS Sit with both legs extended straight in front of you, toes pointed. Pulling your abs in and up, round your torso so you have a small C-shaped curve in your back. Spread your fingers apart and press the majority of your body weight forward into the fingertips, relaxing the shoulders. Keeping your belly button pulled toward your spine, open and close your legs 12 times. If possible, lift your legs slightly off the floor as you open and close. **wd**



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can you be a part-time vegetarian?



You bet! Find out how to give your health a boost by eating meat just a little less often

EVER THOUGHT OF becoming a vegetarian but couldn't stomach permanently parting ways with steak and burgers? Consider a flexitarian diet, a mostly vegetarian eating plan on which you only occasionally eat meat. Loaded with fruits, vegetables and whole grains, flexitarianism gives you the best of both worlds: You get your meat fix *and* the healthy perks of a vegetarian diet.

TRY IT TODAY

Plan a meat-free trip to the supermarket and stock up on meat alternatives like beans, lentils and whole grains.



5 reasons to do it

1 You'll save money Vegetarian protein sources like beans, lowfat dairy and eggs cost a fraction of the price of meat.

2 It's naturally slimming "People whose diets are plant-based weigh 15% less than meat eaters," says Dawn Jackson Blatner, RD, LDN, an American Dietetic Association spokeswoman and author of *The Flexitarian Diet* (McGraw-Hill, 2009). "For the average woman, that's about 25 pounds less."

3 It helps your heart A flexitarian diet lowers your risk of hypertension because you're eating lots of the blood pressure-lowering mineral

potassium, found mainly in produce. Low in saturated fat and high in soluble fiber (which soaks up cholesterol and shuttles it out of your body), this type of diet also cuts cholesterol.

4 It protects against cancer People who eat a plant-based diet and exercise regularly slash their risk of cancer by 30% to 40%, according to the American Institute for Cancer Research.

5 It's kinder to the planet Animal protein requires 11 times more energy to produce than grains. What's more, raising meat uses 26 times more water than growing vegetable protein.

the nuts and bolts of "flexing out"

● **set a goal** of how many days you'd like to go meatless each week. Many people start with as little as two and eventually do four or more.

● **add, don't subtract** Try eating new sources of plant protein like beans and tofu instead of taking away meat. Adding beans to chili or tofu to stir-fry dishes will help your taste buds adjust.

● **try the 50/50 swap** Trade half of the meat portion of your meal for vegetable protein like beans, tofu or a high-protein grain like wild rice, high-protein pasta or quinoa. For example, try a half-steak, half-black-bean taco. Gradually work your way up to making the meal 100% meatless.

● **get the right grains** They're an important, satisfying part of a plant-based diet. Go with whole grains, which have more protein, fiber and nutrients than refined ones like white rice. "A good first

step is substituting brown rice for white rice and whole-wheat pasta for regular," says Blatner. "The next step is venturing into more exotic grains like bulgur, quinoa, millet and barley." Try them in salads, soups and pilafs.

● **don't forget the dairy** It's an important source of calcium and vitamin D, and you need about 2 cups of reduced-fat milk, yogurt or cheese a day. If you don't do dairy, you can get the equivalent with fortified soy or almond milk.

● **satisfy a meat craving** "Many people who crave meat aren't wanting the actual protein as much as the meaty flavor known as *umami*," says Blatner. "Foods including mushrooms (which are also meaty in texture), cooked tomatoes, aged Parmesan and soy sauce have that super-savory flavor." (Please turn to 97)

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dinner flexitarian style

portobello mushroom stroganoff

Heat 2 Tbsp olive oil in a large sauté pan over medium-low heat. Add 3 Tbsp minced shallots and sauté for 2 minutes. Add 6 sliced portobello mushroom caps. Sauté until soft, about 5 to 8 minutes. Season with ¼ tsp each salt and pepper. Add ¾ cup vegetable broth, ¼ cup light sour cream, 2 Tbsp tomato paste, 2 tsp Worcestershire sauce and 1 Tbsp low-sodium soy sauce. Lower heat and simmer for 5 minutes. Adjust seasonings. Serve over 8 oz cooked whole-wheat noodles. **wd**

Per serving: 330 cal, 13 g pro, 55 g car, 8 g fiber, 10 g fat (2 g sat fat), 6 mg chol, 596 mg sod

necessary nutrients

**if you're
not eating**

**you could
be low in**

**get it
from**

**MEAT, CHICKEN
OR FISH**

Protein

Beans, lentils, tofu, eggs, lowfat dairy, nuts, seeds

DAIRY

Calcium

Enriched tofu, soy milk, almond milk, broccoli, bok choy, kale, collard greens

**BEEF OR
DARK-MEAT
POULTRY**

Iron

Beans, lentils and peas, dark leafy-green vegetables, potatoes with skin, iron-fortified cereals. Boost iron absorption by pairing these with vitamin C-rich foods like berries, peppers or tomatoes.

**BEEF, PORK
OR DARK-MEAT
POULTRY**

Zinc

Eggs, lowfat dairy, whole grains, nuts, beans

**ANY ANIMAL
PRODUCTS**

Vitamin B₁₂

Found only in animal foods or B₁₂ enriched products like cereals or soy milk. Ask your doctor or dietitian if you need a supplement.

TRY IT THIS MONTH

Serve your family a day's worth of meatless meals. Win them over with vegetarian versions of their favorites, like cheese lasagna and veggie chili.

EAT HEALTHY AMERICA is a *Woman's Day* yearlong initiative designed to make good nutrition easy. To learn more, check out womensday.com/eathealthy

The Panel Karen Ansel, RD, media representative for the New York State Dietetic Association; Louis J. Aronne, MD, director of the Comprehensive Weight Control Program at New York-Presbyterian Hospital/Weill Cornell Medical Center; Marissa Lippert, RD, founder of Nourish, a personal nutrition counseling service

**Made with
Heinz Vinegar.**
(And not a drop
of that other stuff.)



skin cancer alert

Be vigilant about sun protection on your summer getaway: A recent study found that kids who frequently vacationed at the shore (lake or beach) were 5% more likely to get a nevus, a type of mole that's a risk factor for melanoma. Albert C. Yan, MD, chief of pediatric dermatology at Children's Hospital of Philadelphia, suggests following these guidelines:

Don't skip on sunscreen Most of us don't apply enough to get the full SPF protection. Use a small shot glass worth of at least SPF 30 or 45 that has titanium dioxide, zinc oxide, avobenzone (Parsol 1789) or ecamsule (Mexoryl SX). Reapply every two to four hours.

Consider sun-protective clothing (even bathing suits). Don't forget sunglasses with UV protection (look for it on the label) and a broad-brimmed hat.

Limit peak exposure For part of your vacation, try going to the beach just in the morning or late afternoon and do indoor activities like museums during the middle of the day. "This helps you avoid sun when it's the strongest and can cause the most damage," says Dr. Yan. If you are near the water at peak times, set up an umbrella for kids to sit under between swims.



you say goodbye, I wave hello

All that silly waving and gesturing we grownups do when talking to babies is actually a good thing.

Researchers at the University of Chicago found that babies who could convey more meaning with gestures at 14 months went on to have richer vocabularies at age 4½. So wave away!



every minute of tv counts

Teens who watched just 21 extra minutes of TV daily were more likely to become depressed as young adults, compared with those who watched less (2 hours and 38 minutes vs. 2 hours and 17 minutes), according to a recent study. Could it be a chicken-and-egg situation? Maybe, but researchers did exclude anyone who was depressed at the start. And really, limiting the amount of TV anyone watches is never a bad thing.

love the dentist

NO ONE LOOKS FORWARD TO a dental visit, not even adults. Make it a positive experience with these tips from Deborah Studen-Pavlovich, DMD, chair of pediatric dentistry at the University of Pittsburgh School of Dental Medicine. **Choose carefully** Many general dentists also treat children, so you don't *have* to see a pediatric specialist. But the dentist and the hygienist should be experienced in treating kids. A child-friendly office with kids' books

and toys in the waiting room is a good sign.

Start early The sooner you do it, the less likely the child is to develop fear. Take her for her first appointment when she's about a year old.

Talk positive Try, "Your teeth help you eat, speak and smile, so the dentist wants to make sure they're doing OK," instead of "Don't be scared." If the dentist finds a cavity at the first visit, get it filled at another appointment. You want to end the first visit on a good note.



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†Some of the success stories represented in this advertisement lost weight using a Medifast Weight Control Center Program.

solutions

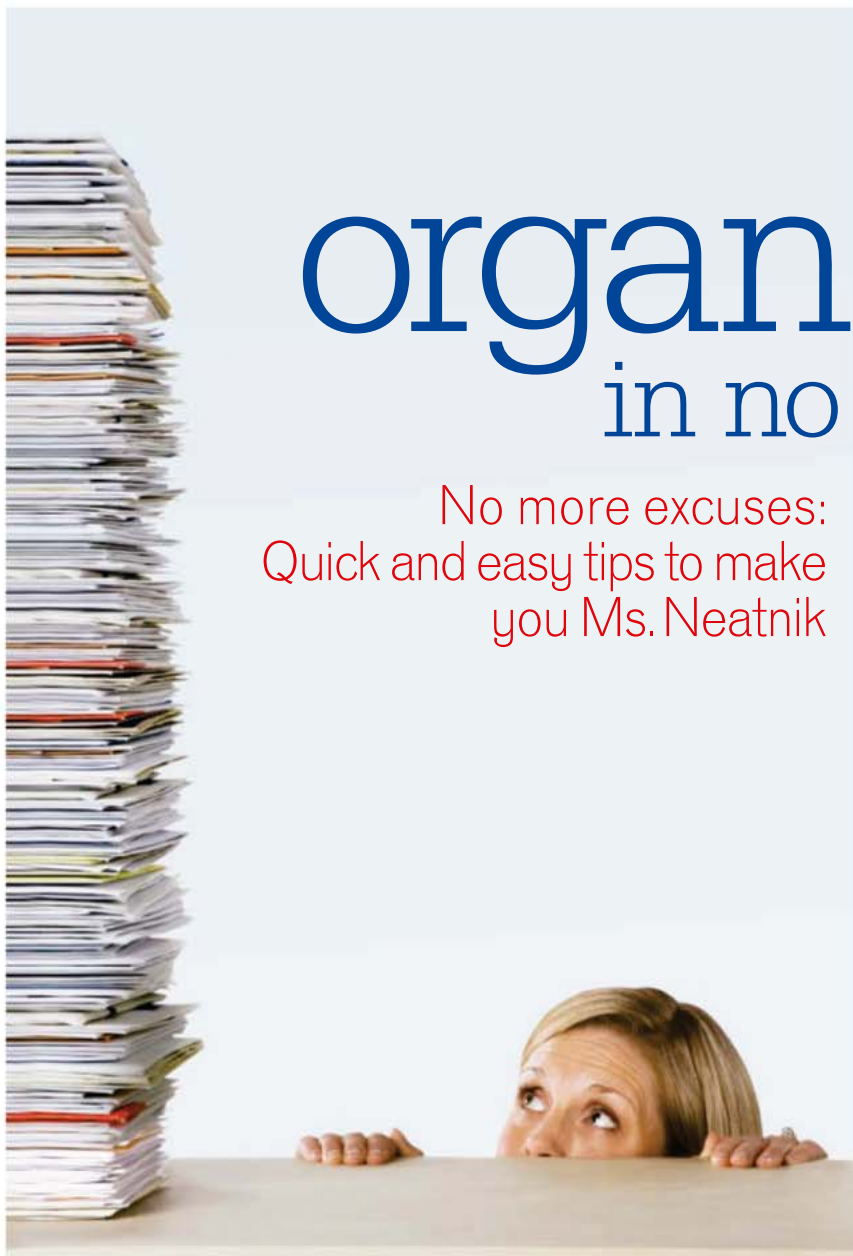


take 5 minutes

Nose-wrinkling kitchen?
Deodorize it naturally:
Run citrus peels through
your garbage disposal,
and put a coffee filter
with unused grounds or
cotton balls soaked
in vanilla extract in your
fridge to banish odors.

get organized in no time flat

No more excuses:
Quick and easy tips to make
you Ms. Neatnik



get in the habit Do a few small things regularly: Toss clothes in the hamper when you take them off, sort the mail as soon as it arrives, put items back in their proper place after use. Little routines—even obvious ones—do make a difference. “If you feel challenged by the very idea of getting organized, starting with simple habits makes it easier,” says Regina Leeds, author of *One Year to an Organized Life*.

box it up Well-stocked, labeled plastic or cardboard grab-and-go boxes help you sort your life and minimize the time you spend hunting. Try them for anything: Bill Paying (envelopes, return address labels, checkbook, pens, calculator, stamps), Car Trips (crayons, mini-coloring books, games), Birthdays (cake candles, cards, party hats, rolls of streamers). Keep them in a handy spot.

gather as you go Don't wait for certain times of the year to collect unwanted clothes and other items. Hang a shopping bag or set a basket in a corner of every closet or bedroom (or the laundry room), and have family members toss things in. When the containers are full, donate the contents. *(Please turn to 104)*

by Diane Benson Harrington

VYou have stuff piled up all over the house. You can't keep track of the kids'—never mind your own—schedule. Face it, you need to get organized. Don't worry. You won't have to break a sweat or devote huge chunks of time in order to get things under control. A few minor changes are all you need to put an end to the chaos and bring order to your life.

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YOUR DAY IS CRAZY

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GET ORGANIZED IN NO TIME FLAT

CONTINUED **create a home office on wheels**

Tired of forgetting things when you're dashing out of the house? "In your glove compartment, keep separate envelopes of bank deposit and withdrawal slips (the generic bank ones that don't include your account number, for added safety), grocery and retail store coupons, and other often-needed items," says Debbie Lillard, author of *Absolutely Organized*.

make a pending file Use it to track things you're waiting on, such as online orders and rebates you've mailed in. Go through it once a month to be sure you've received your item or your money. "For now, these things are off your to-do list, but you can follow up when they've been in the file too long," says Lillard.

start a lost-and-found Prevent stray parts and odd items from becoming scattered throughout the house by keeping a basket or storage ottoman in your family room. "When you find a USB cord (for the Game Boy? the iPod?), a pair of sunglasses, a piece of doll clothing, in it goes," says Jamie Novak, author of *The Get Organized Answer Book*. "Now, when something's missing, everyone knows exactly where to look."

keep a fix-it bin "We all have things we need to fix, but it's not always convenient to do it right away," says Novak, who keeps a stapler, instant glue, a screwdriver and other tools in a handy container. When she or her husband are watching TV, they'll often grab the bin and tackle little projects.

file it right We really only need about 20% of the papers we file. Here's Lillard's method for weeding things out: Every time you retrieve a file, put it away in the front of your filing drawer. At the end of the year, the most frequently used files will end up in front, and the ones you never look at will be in the back. Give those hidden ones a quick once-over and toss whatever is unnecessary.

jot it down once Use a calendar that has plenty of space for everything, like the ones at busybodybook.com. These flexible family calendars have plenty of columns for each day so you can track everyone's appointments, activities and more. If you're tackling a big project, track it on the calendar: Instead of making separate to-do lists, assign days and times to each of the project's tasks—now everything you need to do is written in one place. *(Please turn to 106)*



high-tech help

A few clicks of the mouse here, a few taps of the number pad there and *voilà!* A well-ordered cyber and cell life.

STAY IN SYNC

When possible, choose computer software and electronic products that let you sync (and back up) everything together: to-dos, music, contacts, calendars, etc. Hitting one button keeps it all current.

ZIP UP PICTURES

Copy all your photos onto a portable hard drive or key chain flash drive. "That way, when you visit others, you can

take it with you and share photos easily," says Peter Walsh, author of *Enough Already! Clearing Mental Clutter to Become the Best You*.

NAME THE SAME

Use the same labeling structure for computer files, paper files, e-mail folders. (For example, label them all Family, Health, Work, etc.) "Be consistent and you'll see how easy it is to locate stuff," Walsh says.

EASE YOUR E-MAIL

Create different folders within your inbox, then apply "filters" to incoming e-mail. (Click Preferences tools or Help in your toolbar.) Once set up, it will automatically sort most mail, letting you postpone communication until you have time. Another trick: If your mail client allows, mark as "unread" mail in your inbox that still needs to be acted on.

GET A GROUP

When Jamie Novak enters numbers into her cell phone directory (or computer contact list), she puts an R before the names of restaurants, W before work colleagues, F before friends, and so on. This automatically groups her contacts. To get frequently dialed names to the top of the list, enter a blank space in front of the name, and it will zoom up in your alphabetical listing.

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▲ **STUFF IT** The easy-to-spot Stuff Bucket Tote is great for kids' art supplies, your cosmetics, or anything that needs a portable home. (\$15.99; organize.com)

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▼ **STASH IT** You love crafting but hate having your things scattered all over. This six-tray Notions Organizer keeps scrapbooking supplies, sewing notions and beading items in one place. (\$40; kangaroomstorage.com)



▼ **STACK IT** Go vertical with these colorful plastic boxes. They're semi-transparent so you can see what's inside without lifting the lid. Label slots help too. (\$9.99 for a set of 5; organize.com) *Angela Ebron*



▲ **HANG IT** Tired of supplies jumbled inside the cabinets under the sink? Streamline it all with Kangaroom's waterproof Hanging Organizer. Pop in the sturdy over-the-door hooks and hang it inside the cabinet door. The perfect spot for cleansers, sponges and more. (\$12.99; kangaroomstorage.com)



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tip talk

organizing, cleaning, recycling & more



5 items to clean with an old toothbrush

Dentists recommend throwing out your toothbrush every three months. Disinfect it in a cup of antiseptic mouthwash, then toss it—right into your cleaning caddy.

1 STOVE BURNERS AND KITCHEN CONTROLS A stiff toothbrush helps caked-on food come right off. Dip it in soapy water to clean oven knobs and dishwasher buttons.

2 STAINED CLOTHING After you let stain remover soak, scrub the fabric from the backside with a toothbrush.

3 BRUSHES AND COMBS Run a toothbrush between the bristles or teeth to get out residue from sticky hair products.

4 COFFEEMAKER Flip open the lid and dip a toothbrush in a mix of 1 part vinegar and 1 part water to scrub away old grounds, mineral deposits and stains.

5 BATHROOM SURFACES No need to break your nails on the grout—a toothbrush scrubs between tiles and around faucets with ease.

does that shirt come with a lifetime guarantee?

My shopping habits were forever changed the day I watched my college roommate mail a coat she'd been wearing for three years back to L.L.Bean. Within a week, the company sent a replacement. This was how I learned about the brilliance of the Lifetime Guarantee. A number of mainstream mail-order companies, including L.L.Bean and Lands' End, will repair or replace clothing for the life of the item. All you need to do is mail it back to them. So easy. How great is that?



gotta have it!

After years of sore arms from hanging, rehanging and desperately trying to clean off mildew, I found the Hookless shower curtain. A slit in the fabric and rings helps it easily flex right over the bar. The best part? The curtains come in white polyester, so you can machine-wash and tumble-dry as often as you'd like. \$18 and up; ArcsandAngles.com

\$ SAVER

should I buy it?

MY NEW RULE OF THUMB for whether or not I can afford to buy something nifty for my house: *How much will it cost per use?* For example, I use my coffee press every day, so it costs pennies per use. But the new deluxe vacuum I was considering? Let's be honest—I vacuum every two weeks at best, so in the first year, we're looking at \$10 per use. Not so great. With my new method, smart buys pop into focus!



BRILLIANT SOLUTION

Doing laundry just got so much easier. Each Purex Complete 3-in-1 Laundry Sheet releases detergent for washing, and then is heat-activated in the dryer to soften clothes and get rid of static. Amazing! Just grab a sheet, drop it in the machine and you're done. \$7.49 for a 20-sheet starter kit with refill pack; at major supermarkets and drugstores.

the best way to recycle it

OLD OUTDOOR EQUIPMENT You're not the first person to reach for the trash bag when you see abandoned soccer balls and hockey sticks in your garage. But what you probably don't know is that most equipment can be recycled if you know where to send it.

THE ITEM	WHAT TO DO	WHERE TO SEND IT
Bicycle 	Remove tires and other non-metal parts.	Recycle the frame with your town's scrap metal recycling program.
Backpacks, binoculars, telescopes, tripods	Put the items in a box for Birders' Exchange, which provides equipment for Latin American bird conservationists.	Birders' Exchange, American Birding Assoc., 4945 N. 30th St., Colorado Springs, CO 80919
Barbecue grill 	Remove the grate and other metal parts. Then clean thoroughly.	Recycle with your town's scrap metal recycling program.
Hockey sticks, balls, sports gear	Sell it to Play It Again Sports, a nationwide retailer of good-condition used sports equipment.	Find a nearby location at PlayItAgainSports.com
Yoga mats 	Wash it or wipe it clean, then mail to Recycle Your Mat or drop it off at a participating studio.	Find a studio near you at recycleyourmat.com



HAVE A FROSTY ONE

Frosted glass-front cabinets maintain a bright, smooth look, so you won't have to worry if the inside gets a little disheveled.

small kitchens BIG IDEAS

A DREAM KITCHEN IS OPEN AND INVITING, WHERE family just naturally gathers. It sounds heavenly. But when you're square-footage-challenged, creating that feeling can seem nearly impossible. It's not! With these tips, turn your tiny space into a room that truly is the heart of the house.

bounty of color

BE BRIGHT Use bold hues in small doses, like this backsplash. Then choose an accent color and repeat it throughout the room.

BALANCE LIGHT AND DARK

Go with modern cabinetry in a dark wood, and pair it with a light countertop and stainless steel appliances to make it less overwhelming. Glass-front cabinets and storage increase the feeling of openness. ►

Bipolar Disorder can affect your job, family, and friends.

You can spend years managing the extreme ups and downs, the mood swings and relapses, trying to control your manic symptoms.

Maybe ABILIFY can help

ABILIFY helps control the symptoms of bipolar mania and reduce the risk of manic relapse. It is used for short-term and maintenance treatment of manic or mixed episodes in adults with Bipolar I Disorder.

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IMPORTANT SAFETY INFORMATION:

Elderly patients with dementia-related psychosis (eg, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

- Alert your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called neuroleptic malignant syndrome (NMS)
- If you develop abnormal or uncontrollable facial movements, notify your doctor, as these may be signs of tardive dyskinesia (TD), which could become permanent
- If you have diabetes or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- Other risks may include lightheadedness upon standing, seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

The common side effects in adults in clinical trials ($\geq 10\%$) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please read the Important Product Information about ABILIFY on the adjacent page.

ABILIFY
(aripiprazole)
2, 5, 10, 15, 20, 30 mg Tablets

For The Road Ahead
www.abilify.com/bipolardisorder

If you or someone you know needs help paying for medicine, call 1-888-4PPA-NOW (1-888-477-2669). Or go to www.pparx.org





IMPORTANT INFORMATION ABOUT ABILIFY

This summary of the Package Insert contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and does not take the place of discussions with your healthcare professional about your treatment. Please read this important information before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

Name

ABILIFY® (**a-BIL-ī-fi**) (aripiprazole) (air-ī-PIP-ra-zall)

What is ABILIFY?

ABILIFY (aripiprazole) is a prescription medicine used for treatment of adult patients with manic or mixed episodes associated with Bipolar I Disorder.

What is Bipolar I Disorder?

Bipolar I Disorder is an illness with symptoms thought to be caused by an imbalance of brain chemicals. People who have Bipolar I Disorder tend to experience extreme mood swings, along with other specific symptoms and behaviors. These mood swings, or “episodes,” can take three forms: manic, depressive, or mixed episodes. Common symptoms of a manic episode are: feeling extremely happy, being very irritable and anxious, talking too fast and too much, and having more energy and needing less sleep than usual. Common symptoms of a depressive episode include: feelings of overwhelming sadness or emptiness, low energy, a loss of interest in things, trouble concentrating, changes in sleep or appetite, and thoughts of dying or suicide. A mixed episode includes symptoms that are both manic and depressive.

Who should NOT take ABILIFY?

People who are allergic to ABILIFY or to any substance that is in it. Allergic reactions have ranged from rash, hives and itching to difficulty breathing and swelling of the face, lips, or tongue. Please talk with your healthcare professional.

What is the most important information that I should know about ABILIFY?

Elderly patients, diagnosed with psychosis as a result of dementia (for example, an inability to perform daily activities as a result of increased memory loss), and who are treated with antipsychotic medicines including ABILIFY, are at an increased risk of death when compared to patients who are treated with a placebo (sugar pill). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

Some medicines can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening mood symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose.

Serious side effects can occur with any antipsychotic medicine, including ABILIFY. Tell your healthcare professional right away if you have any conditions or side effects, including the following:

Stroke or ministroke in elderly patients with dementia: An increased risk of stroke and ministroke has been reported in clinical studies of elderly patients with dementia (for example, increased memory loss and inability to perform daily activities). ABILIFY is not approved for treating patients with dementia.

Neuroleptic malignant syndrome (NMS): Very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure may be signs of NMS, a rare but serious side effect that could be fatal.

Tardive dyskinesia (TD): Abnormal or uncontrollable movements of face, tongue, or other parts of body may be signs of a serious condition known as TD, which may be permanent.

High blood sugar and diabetes: Patients with diabetes and those having risk factors for diabetes (for example, obesity, family history of diabetes), as well as those with symptoms such as unexpected increases in thirst, urination, or hunger should have their blood sugar levels checked before and during treatment. Increases in blood sugar levels (hyperglycemia), in some cases serious and associated with coma or death, have been reported in patients taking ABILIFY, and medicines like it.

Orthostatic hypotension: Lightheadedness or faintness caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position (orthostatic hypotension) has been reported with ABILIFY.

Suicidal thoughts: If you have suicidal thoughts, you should tell your healthcare professional right away.

Dysphagia: Medicines like ABILIFY have been associated with swallowing problems (dysphagia). If you had or have swallowing problems, you should tell your healthcare professional.

What should I talk to my healthcare provider about?

Patients and their families or caregivers should watch for new or worsening mood symptoms, unusual changes in behavior and thoughts of suicide, as well as for anxiety,

agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

Tell your healthcare provider:

- About any medical conditions you may have
- Whether you're taking any other prescription or nonprescription (over-the-counter) medicines
- Whether you're pregnant, plan to become pregnant, or are breast-feeding
- If you or anyone in your family has had seizures
- If you or anyone in your family has had high blood sugar or diabetes

What should I avoid when taking ABILIFY (aripiprazole)?

- Avoid overheating and dehydration
- Avoid driving or operating hazardous machinery until you know how ABILIFY affects you
- Avoid drinking alcohol
- Avoid breast-feeding an infant

What are the possible side effects of ABILIFY?

Common side effects in adults include: nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety and insomnia.

It is important to contact your healthcare professional if you experience prolonged, abnormal muscle spasm or contraction which may be signs of a condition called dystonia.

What percentage of people stopped taking ABILIFY due to side effects?

In clinical trials, the percentage of adults who discontinued taking ABILIFY due to side effects was ABILIFY (11%) and for patients treated with sugar pill (9%).

Can I safely take ABILIFY while I'm taking other medications?

ABILIFY can be taken with most drugs; however, taking ABILIFY with some medicines may require your healthcare professional to adjust the dosage of ABILIFY.

Some medicines* include:

- ketoconazole (NIZORAL®)
- quinidine (QUINIDEX®)
- fluoxetine (PROZAC®)
- paroxetine (PAXIL®)
- carbamazepine (TEGRETOL®)

It is important to tell your healthcare professional about all the medicines you're taking, just to be sure.

General advice about ABILIFY:

- ABILIFY is usually taken once a day, with or without food
- ABILIFY should be kept out of the reach of children and pets
- Store ABILIFY Tablets and the Oral Solution at room temperature
- For patients who must limit their sugar intake, be aware that **ABILIFY Oral Solution contains sugar**
- For patients who cannot metabolize phenylalanine (those with phenylketonuria or PKU), **ABILIFY DISCMLT® contains phenylalanine**
- If you have additional questions, talk to your healthcare professional

Find out more about ABILIFY:

Additional information can be found at www.abilify.com/bipolardisorder

* NIZORAL is a registered trademark of Janssen Pharmaceutica; QUINIDEX is a registered trademark of Wyeth Pharmaceuticals; PROZAC is a registered trademark of Eli Lilly and Company; PAXIL is a registered trademark of GlaxoSmithKline; TEGRETOL is a registered trademark of Novartis Pharmaceuticals.

Based on Full Prescribing Information as of 05/08 1239550A2.



Bristol-Myers Squibb



Otsuka America Pharmaceutical, Inc.

Tablets manufactured by Otsuka Pharmaceutical Co., Ltd., Tokyo, 101-8535 Japan or Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.
Orally Disintegrating Tablets, Oral Solution, and Injection manufactured by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.
Distributed and marketed by Otsuka America Pharmaceutical, Inc., Rockville, MD 20850 USA.
Marketed by Bristol-Myers Squibb Company, Princeton, NJ 08543 USA.
U.S. Patent Nos. 5,006,528; 6,977,257; and 7,115,587.

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570U08CBS01902 0308L-1112 Printed in USA D6-B0001D-05-08-ABD May 2008



INTO THE DEEP A deep sink gives you plenty of room to stack dirty dishes without them being seen.

high style

KEEP IT SIMPLE

Great design, especially in a tiny galley kitchen, shouldn't overwhelm. White cabinets create a sense of calm.

DO UP THE DETAILS

Using decorative light fixtures rather than recessed lighting gives the space a glamorous point of view.

FOCUS ON FLOORING

There's no rule that says you must use tile. This hardwood has flair and creates cohesiveness with the rest of the house.

GO SOFT AROUND

THE EDGES Window treatments that let the light through and a textured area rug tie the room together. **wd**

The Secret to a Slimmer Summer

Summer is finally here, but are you ready?

The secret to losing weight and finally having your dream body can be a reality. Follow this simple 3-step approach to start losing weight and look better than ever in no time!

1 Eat Sensibly:

- Try eating smaller but more frequent healthier meals.
- Eat less foods that contain saturated fats and simple sugars.
- Include more foods that are high in protein and complex carbohydrates.



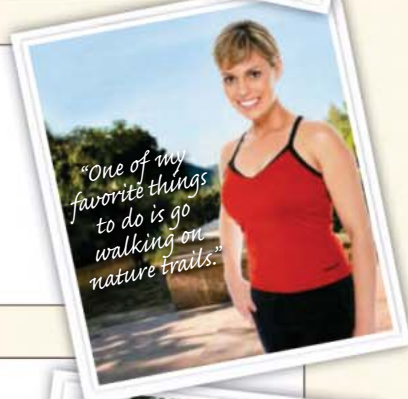
2 Get Moving:

You don't have to restrict yourself to the gym or a treadmill to burn calories – many other forms of physical activity are beneficial. *Did you know ...*

- Just one hour of walking the dog can burn up to 207 calories.†
- One hour of hiking can burn up to 354 calories.†

So, get out there and have some fun in the sun too!

†Approximate value based on a 130 lb. individual.



3 Use Hydroxycut®:

- Hydroxycut is America's #1 selling weight-loss supplement† – and, it really works!
- Hydroxycut contains clinically proven key ingredients that help you **burn more calories, control your appetite and increase your energy.**
- Gold-standard scientific studies have shown that Hydroxycut can help you **lose up to 4.5 times the weight than diet and exercise** alone.*
- With Hydroxycut now available in delicious and refreshing drink format, it's never been easier to look good for summer – just mix, drink and start losing weight fast!*



Stacy Stengel, from Delafield, Wisconsin is just one of the countless Americans that have changed their lives with the help of Hydroxycut. By combining Hydroxycut with sensible diet and exercise, **Stacey lost an amazing 44 pounds** in just 20 weeks! **Imagine what you could do!**

Check Out More ...

... Hydroxycut Success Stories. Visit **HYDROXYCUT.com**SM

Also, find delicious and healthy recipes, exercise programs and more useful tips and information that can help you become a Success Story too!



America's #1 SELLING
Weight-Loss Supplement†

**"I Lost 44 lbs. Fast
with Hydroxycut!"**

"I was inspired by the people I saw in Hydroxycut ads. I would read about their success and finally I decided that instead of just reading about these people, I would become one! Hydroxycut really does work! I lost an amazing 44 pounds in just 20 weeks! I've tried other products in the past, but nothing came close to working like Hydroxycut."

Another True Success Story

Before
156 lbs.



LOST
44
pounds

After
112 lbs.



Results will vary. Individual combined Hydroxycut caplets with sensible diet and exercise for 20 weeks.

Used by Millions to Lose Weight

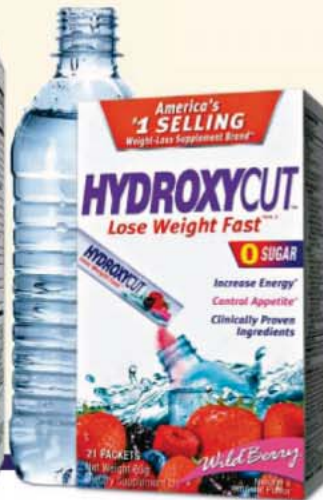
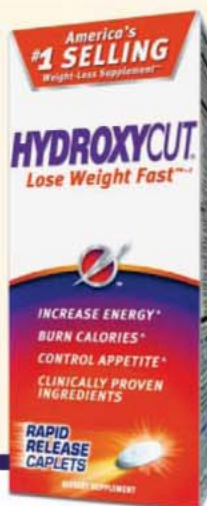
Contains proven key ingredients that can help you lose up to 4.5 times the weight than diet and exercise alone!*



"Based on the scientific studies of the key ingredients in Hydroxycut caplets and my personal experience using the product, I would recommend Hydroxycut® to healthy adults wishing to lose weight."

Dr. Nick Evans, M.D.

HYDROXYCUT.comSM



Also Look for
HYDROXYCUT™
Instant Drink Packets

**Just mix,
drink and
start losing
weight fast!***

SuperCenters

GNC Live Well!
SHOP NATIONWIDE OR AT GNC.COM

Walgreens CVS/pharmacy

RITE AID
PHARMACY

Albertsons
meijer

Kmart
Longs Drugs

*In two 8-week studies in which all groups followed a diet and exercise plan, subjects using the primary ingredients (*Garcinia cambogia*, chromium polynicotinate, *Gymnema sylvestre*) lost, on average, significantly more weight than subjects using a placebo (14.99 vs. 3.06 lbs. and 12.54 vs. 3.53 lbs.). †Based on IRI F/D/MX sales data. Individuals were remunerated. Read entire label before use. Sensible diet and exercise are essential for healthy weight loss. © 2009.



slash your energy bill

YOU'VE PROBABLY NOTICED over the past few years that your electricity bill has been creeping slowly upward. Not great news, especially in this economy. But don't turn off your air conditioner just yet. By making a few adjustments, you can slash your electricity costs without drastically changing your lifestyle. (Really.)

First, the technical stuff: The way you are charged for electricity is by *cents per kilowatt hour*. The average cost varies by state: from about 7¢ on the low end to a whopping 26¢ on the high end.

Since it's measured in pennies, it must be a bargain, right? Wrong. You can rack up hundreds of kilowatt hours in a single month. It happens fast when computers, TVs and other energy-hungry devices run continuously; when inefficient appliances overstay their welcome; and when air conditioners are set to keep homes cooler than a florist's fridge.

Go look at your electric bill—you'll be shocked at how many kilowatt hours you're using. Now stop the drain by doing what really smart consumers do.



use less electricity

air conditioning

Install a programmable thermostat Starting at about \$30, this little gizmo will automatically regulate your home's central heat and air when you're asleep or while you're away. (If you have a window unit, use an appliance timer instead.) You could, for example, set the temperature to 85°F or higher during the day when you're out, then have it adjust to 78°F about 30 minutes before you get home. According to Energy Star (a government-backed program that promotes energy conservation), you can save about \$180 a year by properly setting your programmable thermostat and maintaining those settings.

Raise the temperature When someone is home, the most energy-efficient temperature (aside from the a/c being off!) is the highest temperature you can comfortably live with—around 80°F—according to consumer advocate Michael Bluejay. Each degree you set your thermostat below that will increase your electricity bill by 3% to 4%.

Use fans Moving air gives a “windchill” effect. Combining ceiling fans (which use very little energy) with a/c allows you to set the thermostat higher, yet still feel cool. It's pretty simple: The blowing air makes it easier for sweat

to evaporate, which is how you eliminate body heat.

Replace or clean the filter If it's dirty, your air conditioner has to work harder, so change it regularly during the summer. Better yet, buy a permanent filter at your home improvement store—just wash it with a garden hose each month.

freezer and refrigerator

Vacuum the coils Dust and debris that collect on the back or bottom of your fridge make it inefficient, so clean it at least once a year, says Chris Hall, president of RepairClinic.com, a site devoted to fixing home appliances.

Tighten seals Are your refrigerator and freezer doors airtight? Close a dollar bill or piece of paper in the door. If it pulls out easily, your refrigerator may need a door hinge adjustment or a new gasket (rubber

seal). The hinge is adjustable with a screwdriver. A new gasket costs around \$50—this may sound steep, but it's cheaper than buying a new fridge, and you'll really notice a drop in your bill.

Defrost often Your freestanding freezer is forced to work harder when frost is more than ¼" thick. (Though auto-defrost freezers take care of themselves, they often use more energy, so it's a tradeoff.)

Keep it stocked—sometimes A full refrigerator-freezer is more efficient than an empty one. If you don't tend to keep a lot of frozen food, consider storing your dried rice, beans and nuts in there to keep it at least two-thirds full. As for the refrigerator itself, packing it too full requires *more* energy, so make sure you're leaving enough room for air to circulate.

dishwasher

Fill it up Before you press the button, make sure the machine is full. You'll run fewer loads, which means less hot water, less detergent and less energy.

Air-dry Open the door instead of using heated drying. You'll cut your dishwasher's energy use by up to 50%.

clothes dryer

Load it properly Underloading or overloading makes drying clothes more expensive. You'll use too much energy if you underload, and the dryer can't do its job efficiently if you overload. Dry lightweight and heavy clothes separately for more energy-efficient drying, and *always* clean the lint filter before a load.

Go old-fashioned Instead of using the dryer, hang an (Please turn to 118)

"We're tough to beat just like **OxiClean®** is on stains!"



OxiClean® Removes Tough Stains Better Than Detergent Alone!

OxiClean® Versatile tackles over **101 different types of stains!**

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...Gets the Tough Stains Out!

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SLASH YOUR ENERGY BILL

CONTINUED occasional load of clothes outdoors or on a drying rack.

electric stove

Pick proper pots Foods cook faster at a lower temperature if you use pots and pans with flat bottoms and tight-fitting lids. Pans that are bigger or smaller than the heating coils on electric stoves waste energy.

Opt for smaller appliances Ovens and stoves guzzle energy, so use your microwave and toaster ovens, slow-cooker and electric skillet whenever you can. And use your outdoor grill to keep heat outside.

electronics

Turn off the TV A 60" plasma TV that's on for five hours a day could cost \$130 per year to run. Add a DVD player, game console or home theater system, and that bill might jump to \$200 per year. Compare that with a 28" CRT (tube) television: \$30 per year. Unless you're actively watching TV, turn it off, especially if it's a plasma.

Unplug the computer According to Southern California Edison, consumer electronic devices such as computers and stereos make up about 15% of the typical household's electricity use. Even when they're switched off, devices that are plugged in still use energy to power features we don't really think about, such as clock displays and remote controls—in fact, the average U.S. household spends \$100 each year to power devices while they're in "standby" mode. So plug your gadgets into an easily accessible power strip, and turn it off when you're not using them.

do a home energy audit

Many power companies offer free or low-cost audits: They come to your home, show you where you're losing energy and recommend ways

you can cut your consumption.

If your power company doesn't do audits, you can do one yourself or hire a professional.

Do your own If you have five minutes and your last 12 months of utility bills, use the Energy Star Home Energy Yardstick at EnergyStar.gov (click on "Home Energy Audits") to compare your energy efficiency with similar homes across the country and get ideas for energy-saving home improvements. You'll need to enter some basic information about your home (such as zip code, square footage and number of occupants). If you don't have your bills, contact your utility and ask for a 12-month summary.

Turn to the pros They use a variety of techniques and equipment such as blower doors (to measure the extent of leaks) and infrared cameras (to reveal hard-to-detect leaks and missing insulation). To find a Home Energy Auditor, go to the Partner Locator under "Home Energy Audits" at EnergyStar.gov

get discounts

Most utility companies offer programs that encourage customers to reduce their use. The reward? Lower rates.

Voluntary time-of-use Most of us just pay a flat rate for electricity. Under this program, however, you'll be charged for electricity depending on when you use it. Typically, rates are lowest during off-peak periods: weekends, holidays, and weekdays from 10 P.M. to 10 A.M. Rates are higher during other periods, when usage and the cost of generating electricity are higher. Usually this type of program requires a special meter installation in your home that measures how much you're using when. The great part: You can check the meter to monitor your usage. So how much will you save? It depends on the provider, but Wisconsin Public Service, for one,

The Original
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The Original Shampoo contains high lathering, cleansing agents fortified with moisturizers and emollients leaving hair soft and shiny.



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01-09

says its customers can save as much as 15% on their electric bill. Call your provider to find out if they offer a program.

Summer cycling This kind of plan saves you money and conserves energy during the summer by letting your electricity provider remotely power down your air conditioner when there's a power emergency or when demand is extraordinarily high. Southern California Edison offers up to \$200 in credits for customers who sign up for summer cycling. The company installs a switch in your home with a radio signal that can be accessed remotely. This lets SCE periodically turn off (or "cycle") the customer's air conditioner(s) as needed. Call your utility company to see if they offer something similar.

Specialized services Most utility companies offer a number of programs for customers with special

needs, such as senior citizens or low-income residents. Search your utility company's website to learn more. **wd**



THIS MONTH'S CHALLENGE

beat the heat

Your windows do more than let in light—they also let in scorching summer heat. To counter this, Rene Rose of Long Beach, California, turned her windows into heat reflectors by applying a reflective film to the panes in her home. "It doesn't block the light, but it rejects up to 70% of the sun's heat," says Dan Birkenmeier of CPFilms, a company that manufactures and sells Gila Window Film. How much will this save you on your energy bill? About \$100 per year, he says. Now take that and put it in your savings account. (Gila Film is available at home-improvement stores; \$35 for a kit that covers three average-size windows.) *For more tips and tools to help you save during our yearlong special program, and to open a savings account with ING Direct and receive a \$25 bonus offer, go to womansday.com/wdsaves*

Tune in on Thursdays at noon ET for the best ways to save on the Your Money Solutions show at womansday.com/radiowd **radioWD**

"Beano is different. Take it before you eat to prevent gas later.

Different is another word for better."



Learning about gas prevention is just a click away, at beanogas.com.

Beano helps prevent gas from beans, vegetables, whole grains and other healthy foods. Use as directed. The FDA has not evaluated these statements. This product is not intended to diagnose, treat, cure or prevent any disease.

The best part of your barbeque
isn't from the grill.



Mango Kiwi Blossom®



Independence Day
Canada Day
Summer Get-Togethers
Congratulations
Anniversaries

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eat well

take an afternoon

Make a breakfast that doesn't involve anything that comes from a box. Your family can grab these antioxidant-rich blueberry streusel muffins the next morning on their way out the door for a tasty, quick meal. For this recipe, go to page 146, and for more great blueberry treats, see page 122.



my blue heaven

Six amazing
blueberry
desserts that
will put you
on cloud nine



blueberry
key lime
cheesecake

PHOTOGRAPHS BY MARY ELLEN BARTLEY



blueberry
focaccia



blueberry ice cream parfaits

SERVES 8

ACTIVE: 15 MIN TOTAL: 5 HR (INCLUDES FREEZING)

- | | |
|-------------------------------------|--------------------------------|
| 4 cups blueberries | 2 cups sweetened |
| ½ cup sugar | whipped cream or |
| 2 Tbsp lemon juice | frozen whipped topping, |
| 1 qt vanilla ice cream | defrosted |
| 1 (10-oz) pkg frozen | 1 cup fresh raspberries |
| raspberries in syrup, thawed | |

1. Place 3 cups blueberries, the sugar and lemon juice in medium saucepan; mash berries well with a potato masher. Place over medium heat and bring to a simmer; cook 5 minutes. Pour mixture into a blender and purée. Pour into a 2-cup measure, cover and chill 2 hours. Place a 1½-qt freezer container in freezer to chill.

2. Let vanilla ice cream stand at room temperature until softened. Fold chilled blueberry purée into ice cream until well blended. Scrape ice cream into chilled container in freezer; freeze several hours or until firm enough to scoop.

3. Purée thawed raspberries and syrup in blender until smooth; scrape mixture through a fine sieve to remove seeds.

4. To make parfaits: For each parfait, spoon 1 Tbsp raspberry purée into a dessert glass and top with a small scoop blueberry ice cream. Top with 1 Tbsp whipped cream, and a few blueberries and raspberries. Repeat the layers. Top parfaits with a dollop of whipped cream.

Per parfait: 330 cal, 4 g pro, 57 g car, 4 g fiber, 11 g fat (6 g sat fat), 40 mg chol, 81 mg sod



blueberry dessert scones

MAKES 16

ACTIVE: 15 MIN TOTAL: 1 HR (INCLUDES CHILLING)

- 2 cups all-purpose flour**
- ⅓ cup plus 2 Tbsp sugar**
- 1 Tbsp baking powder**
- 1½ tsp grated lemon zest**
- ¼ tsp each ground cardamom and salt**
- 6 Tbsp cold unsalted butter, cut into small pieces**
- 1½ cups blueberries**
- ¾ cup plus 1 Tbsp heavy cream**
- 2 large eggs**
- ¼ tsp almond or vanilla extract**

1. Line two small baking sheets with parchment paper. In large bowl, whisk flour, ⅓ cup sugar, the baking powder, zest, cardamom and salt until combined. Cut in butter with a pastry blender until mixture resembles coarse meal. Gently fold in blueberries.

2. In 2-cup glass measure, whisk ¾ cup cream, eggs and extract until blended; slowly stir into dry ingredients just until a wet dough comes together. Divide in half.

3. With floured hands, transfer dough to each prepared baking sheet. Pat each into a 6¼-in. round, a scant 1 in. thick. With floured knife, cut each round into 8 wedges. Refrigerate 30 minutes.

4. Heat oven to 375°F. Brush dough with remaining 1 Tbsp cream and sprinkle with remaining 2 Tbsp sugar. Bake 24 minutes, or until scones are golden and a pick inserted into the center comes out clean. Serve warm.

Per scone: 179 cal, 3 g pro, 21 g car, 1 g fiber, 10 g fat (6 g sat fat), 55 mg chol, 154 mg sod

blueberry-melon salad with thyme syrup ♥

SERVES 8

ACTIVE: 25 MIN TOTAL: 45 MIN

Thyme Syrup

1 cup sugar

¼ cup water

Peel and juice from 1 lemon

4 large sprigs fresh thyme,
preferably lemon thyme

Salad

3 cups each diced cantaloupe,
honeydew melon and seedless
watermelon

1 pint blueberries

Garnish: lemon thyme sprigs

1. Thyme Syrup: Bring all ingredients to a gentle boil in a small saucepan; simmer 5 minutes. Remove from heat; let steep 20 minutes. Discard thyme sprigs and lemon peel. Cool syrup to room temperature or store in the refrigerator for up to 1 week.

2. Salad: Just before serving, gently toss together fruit in a serving bowl; add ⅓ cup of the thyme syrup and toss. Spoon into dessert bowls or glasses and garnish with thyme sprigs. Serve with extra thyme syrup, if desired. ►

Per serving: 181 cal, 1 g pro, 46 g car, 2 g fiber, 0 g fat (0 g sat fat),
0 mg chol, 22 mg sod



Mmm...bursts of blueberry goodness.



summer fruit kuchen

SERVES 9

ACTIVE: 20 MIN TOTAL: 1½ HR

1½ cups all-purpose flour
 1 tsp baking powder
 ¼ tsp each ground cinnamon and salt
 1½ sticks (¾ cup) unsalted butter, softened
 ¾ cup sugar
 2 large eggs
 1½ tsp vanilla extract
 ⅓ cup milk
 1½ cups blueberries

1 ripe peach, pitted and cut into ½-in. wedges
 1 ripe plum, pitted and cut into ½-in. wedges

Crumb Topping

3 Tbsp each all-purpose flour and light brown sugar
 2 Tbsp unsalted butter, cut in bits
 ¼ tsp ground cinnamon
 Confectioners' sugar, for dusting

1. Heat oven to 350°F. Line a 9-in. square baking pan with nonstick foil; let foil extend over ends of pan.

2. Mix flour, baking powder, cinnamon and salt in a small bowl. Beat butter and sugar in a large bowl with mixer on high speed for 2 minutes until smooth. On medium speed, beat in eggs and vanilla just until combined. On low speed, beat in flour mixture and milk until blended. Gently fold ½ cup blueberries into batter.

3. Spread batter into prepared pan and spread in an even layer. Top with peach and plum slices, evenly spaced in batter. Scatter with remaining 1 cup blueberries.

4. Topping: In a medium bowl, rub ingredients together with fingertips until moistened and clumpy, then scatter over fruit. Bake 55 to 60 minutes, until a wooden pick inserted in center comes out clean and kuchen starts to pull away slightly from sides of pan. Cool in pan on wire rack.

5. Lift foil by ends onto work surface. Using 2 large spatulas, lift cake from foil onto a serving plate. Dust with confectioners' sugar. Cut into squares. ▶

Per serving: 385 cal, 5 g pro, 49 g car, 2 g fiber, 20 g fat (12 g sat fat), 95 mg chol, 149 mg sod

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blueberry
focaccia

SERVES 12

ACTIVE: 20 MIN

TOTAL: 2 HR

(INCLUDES RISING)

 $\frac{1}{2}$ cup sugar

1 Tbsp grated lemon zest

3 to $3\frac{1}{2}$ cups all-purpose flour1 packet ($\frac{1}{4}$ oz) rapid-rise active dry yeast $\frac{3}{4}$ tsp salt $1\frac{1}{4}$ cups whole milk

1 large egg, lightly beaten

 $\frac{1}{2}$ stick ($\frac{1}{4}$ cup) unsalted butter, softened

2 cups blueberries

1. Pulse sugar and lemon zest in food processor until zest is finely ground and incorporated into the sugar. In a large bowl, whisk $\frac{1}{3}$ cup of the lemon sugar, 3 cups of the flour, the yeast and salt until blended.

2. Heat milk in a 2-cup measure in microwave on high $1\frac{1}{2}$ minutes, or

until temperature registers 130°F on an instant-read thermometer; add to flour mixture with egg and butter. Mix with a rubber spatula until a soft, sticky dough forms; scrape dough onto a floured surface. Using a dough scraper to assist, knead with some of the remaining $\frac{1}{2}$ cup flour to form a smooth and pliable dough, about 2 minutes. Cover the dough with the mixing bowl; let rest 10 minutes.

3. Line a large baking sheet with parchment paper. Divide dough in half. Working with 1 piece of dough at a time, stretch and pat out on parchment into a 12-in. free-form rectangle, about $\frac{1}{4}$ in. thick. Scatter with half the blueberries and half of the remaining lemon sugar. On floured surface, pat out and stretch remaining dough slightly larger than the first piece and place over bottom dough. Press edges together and tuck under the loaf. Cover with a sheet of greased plastic wrap. Place baking sheet in a warm area. Let rise 1 hour.

4. Heat oven to 350°F . With floured fingers, dimple surface of loaf (pierce any bubbling with a knife tip to release air pockets). Scatter top of loaf with remaining blueberries and lemon sugar. Bake 25 to 30 minutes until golden brown. Slide focaccia onto a wire rack and cool slightly. Serve warm.

Per serving: 236 cal, 6 g pro, 41 g car, 2 g fiber, 6 g fat (3 g sat fat), 30 mg chol, 163 mg sod

blueberry key
lime cheesecake

SERVES 12

ACTIVE: 30 MIN

TOTAL: 5 HR

(INCLUDES COOLING)

Crust

10 shortbread cookies (we used

Keebler Sandies Simply Shortbread)

1 Tbsp unsalted butter, softened

Filling

3 bricks (8 oz each)

cream cheese, softened

1 cup sugar



IN MY BOWL, UPON MY SPOON,
sweet COOKIES & CREAM,
YOU MAKE ME *swoon*.

— a TASTE BUD



- 1/2 cup sour cream, at room temperature
- 3 large eggs, at room temperature
- 1 Tbsp grated lime zest
- 1/3 cup fresh lime juice
- 1 tsp vanilla extract
- 1 drop liquid green food color (optional)

Blueberry Topping

- 1/4 cup sugar
- 1 1/2 tsp cornstarch
- 3 Tbsp water
- 3 cups blueberries
- 1 Tbsp lime juice

1. Heat oven to 325°F. Spray an 8 x 3-in. springform pan with nonstick spray.

2. **Crust:** Process cookies in food processor to make fine crumbs. Add butter; pulse to blend. Press onto bottom of prepared pan. Bake 10 minutes or until set. Cool on wire rack.

3. **Filling:** In large bowl, combine cream cheese, sugar and sour cream. Beat with an electric mixer on medium speed 2 minutes until smooth, scraping down

sides of bowl and beater once or twice. Beat in eggs, 1 at a time, until blended. Beat in remaining ingredients just until smooth and creamy; pour over crust.

4. Bake 60 minutes or until cake is almost set and center still jiggles slightly when touched. Remove to a rack; cut around outside edge of cake to loosen from sides. Cool on rack 3 hours (cake will sink as it cools). Cover and refrigerate up to several days.

5. **Topping:** In small saucepan, mix sugar, cornstarch and water until blended. Add 1 cup blueberries; mash berries well with a potato masher. Cook over medium-high heat until mixture comes to a full boil. Boil 1 minute, stirring constantly, until slightly thickened. Stir in lime juice and another 1/2 cup blueberries. Spread on top of cheesecake; top cheesecake with remaining 1 1/2 cups blueberries. Refrigerate until serving. **wd**

Per serving: 409 cal, 6 g pro, 38 g car, 1 g fiber, 27 g fat (15 g sat fat), 126 mg chol, 261 mg sod

patriotic parfaits

Celebrate the Fourth with this colorful dessert that's a cinch to make. Using packages of Berry Blue and your favorite flavor of red Jell-O, follow the package directions for Jigglers. Pour each Jell-O mix into a separate 13 x 9-in. baking pan.

Refrigerate until set. Cut into 1/2-in. cubes. Layer red cubes, whipped topping or sweetened whipped cream, and blue cubes into wineglasses or dessert bowls. Serves 8.



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CHEAP EATS

asian tilapia salad ♥

SERVES 4 AT \$2.46 PER DISH

ACTIVE: 10 MIN TOTAL: 17 MIN

- 1 lb tilapia, cut into 1½-in.-thick strips
- 3 scallions, chopped
- ¼ cup sesame ginger dressing, divided
- 1 can (15 oz) sliced baby corn, drained and rinsed
- 1 bag (10 oz) mixed salad greens

1. In a medium bowl, combine tilapia and scallions with 2 Tbsp sesame ginger dressing. Refrigerate 10 minutes.
2. Heat broiler. Place tilapia on a foil-lined baking sheet and broil for 7 minutes or until fish is cooked through.
3. Toss remaining 2 Tbsp dressing with baby corn and salad greens until lightly coated. Divide salad and fish among plates.

Per serving: 230 cal, 30 g pro, 12 g car, 7 g fiber, 7 g fat (1 g sat fat), 57 mg chol, 479 mg sod



WHAT'S IN SEASON july

This month these fruits and vegetables are abundant.

apricots • artichokes • beets •
cherries • cucumbers • eggplant



you ask, we'll answer



When I serve broccoli, my family has no interest in eating the stems, but I feel like I'm wasting money by throwing out practically half of it. How can I use the stems?

One way is to purée cooked broccoli stems and add to pesto or marinara sauce. Or try dicing them for soups or stews, or slicing thinly and tossing into salads and stir-fries.

[got leftovers?] london broil

sauté or grill 1 halved large sweet onion and 2 halved and seeded cubanelle peppers until softened.

slice 2 hero rolls and lightly toast. Cut cooked London broil into slices.

divide steak, onions and peppers among hero rolls. Drizzle with Worcestershire sauce and serve.



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- | | |
|---------------------|--------------------|
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| February/Amethyst | August/Peridot |
| March/Aquamarine | September/Sapphire |
| April/Diamond | October/Opal |
| May/Emerald | November/Citrine |
| June/Cultured Pearl | December/Turquoise |

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2. <input type="text"/>	<input type="text"/>

Signature _____

Mrs. Mr. Ms. _____

Name (Please Print Clearly)

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ground rules

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italian orzo &
beef stuffed
peppers

A top-down photograph of a white plate filled with various appetizers. In the center is a white bowl of meatballs in a dark sauce. To the left is an orange bowl of dipping sauce. In the bottom left, dumplings are served on a bed of green lettuce. To the right are several rolled-up pastries. The background is a red textured surface with a pink and orange striped napkin.

chipotle-
orange bbq
meatballs

greek
cigars

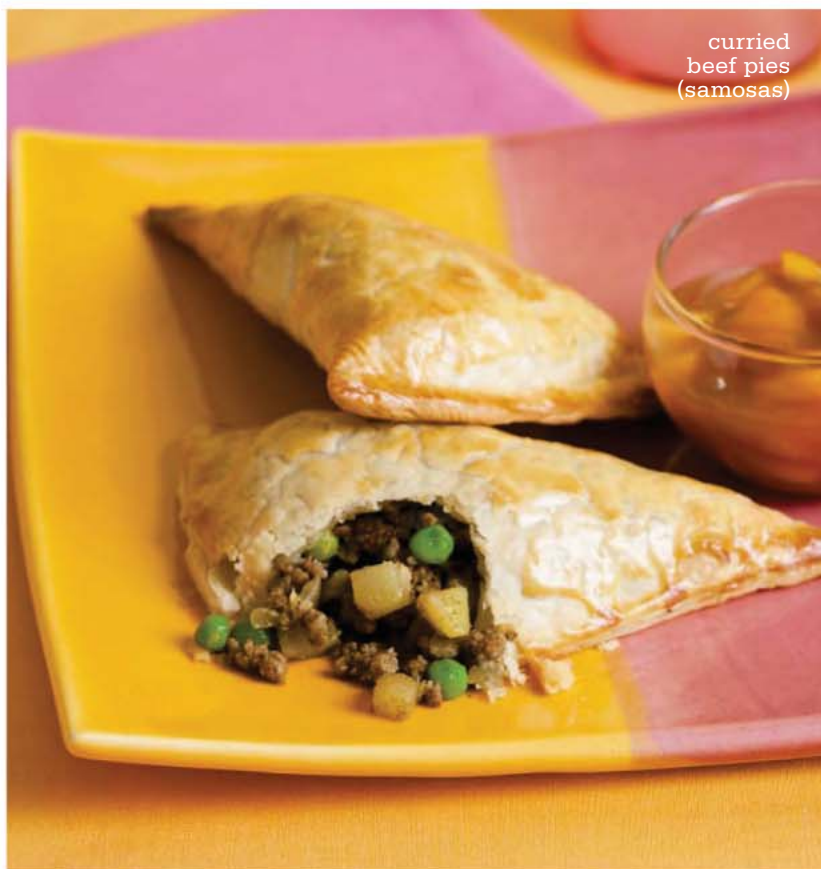
steamed
chinese
dumplings

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curried
beef pies
(samosas)

curried beef pies (samosas)

SERVES 4 ACTIVE: 30 MIN TOTAL: 50 MIN

- | | |
|---------------------------------------|--------------------------------------|
| 1 box (15 oz) refrigerated pie crusts | 1 Tbsp each minced garlic and ginger |
| 2 tsp oil | ¼ tsp each salt and pepper |
| 1 cup diced potato | 1 cup frozen petite peas |
| ½ cup chopped onion | ½ cup chicken broth or water |
| 8 oz lean ground beef | 1 large egg, slightly beaten |
| 2 Tbsp curry powder | Serve with: purchased chutney |

1. Heat oven to 400°F. Coat a baking sheet with nonstick spray. Let pie crusts sit at room temperature for about 15 minutes.
2. Meanwhile, heat oil in large nonstick skillet over medium-high heat. Sauté potato and onion 4 minutes or until almost tender. Add beef; cook 2 minutes, breaking up, until no longer pink. Drain off any excess fat. Return to heat.
3. Stir in curry powder, garlic, ginger, salt and pepper; cook 1 minute. Stir in peas and chicken broth; cook 2 minutes until almost dry and potatoes are tender. Remove from heat; let cool slightly.
4. Unroll a pie crust on cutting board. Cut into 4 equal wedges. Moisten edges of 1 wedge with water. Place ⅓ cup filling onto half of wedge, leaving about a ½-in. border on two sides. Fold in half to make a triangle, pressing edges to seal in filling. Transfer to baking sheet. Repeat with remaining crust and filling.
5. Brush lightly with egg. Bake 15 to 20 minutes until golden. Serve samosas warm with chutney on the side. ►

Per serving: 689 cal, 19 g pro, 68 g car, 4 g fiber, 37 g fat (14 g sat fat), 107 mg chol, 726 mg sod

(See how-to at womansday.com/meat)

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tabbouleh

armenian
beef
kebabs

armenian beef kebabs ♥

SERVES 4

ACTIVE: 25 MIN

TOTAL: 35 MIN

Tabbouleh

- 1 cup water
- $\frac{3}{4}$ cup whole-wheat couscous
- 1 medium tomato, chopped
- $\frac{1}{2}$ large seedless cucumber, chopped
- 4 scallions, chopped
- $\frac{1}{4}$ cup chopped mint
- 3 Tbsp lemon juice
- 1 Tbsp olive oil
- $\frac{1}{4}$ tsp salt

Kebabs

- 1 lb lean ground beef
- $\frac{1}{2}$ cup finely chopped onion
- $\frac{1}{4}$ cup chopped mint
- 1 tsp minced garlic
- 1 tsp each ground cumin and paprika
- $\frac{1}{2}$ tsp each salt and pepper

8 skewers, 6 to 8 in. long
Serve with: Pickled Red Onions
(see below)

1. Tabbouleh: Heat broiler. Heat water in small saucepan and prepare couscous as box directs; let cool. Toss with remaining tabbouleh ingredients in large bowl.

2. Kebabs: Mix all ingredients in medium bowl until well blended. Divide mixture into 8 equal portions (about $\frac{1}{4}$ cup each). With hands, form each into a long sausage-like shape, about 1 in. thick, around each skewer.

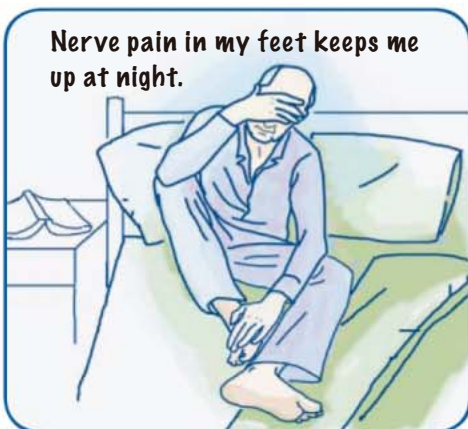
3. Place skewers on broiler pan; broil 8 to 10 minutes, turning once. Serve with tabbouleh and Pickled Red Onions.

Per serving: 336 cal, 27 g pro, 28 g car, 6 g fiber, 14 g fat (4 g sat fat), 69 mg chol, 648 mg sod

Pickled Red Onions: Thinly slice 1 red onion; toss with 1 Tbsp lemon juice and $\frac{1}{4}$ tsp each ground cumin and salt. Let mixture stand 15 minutes until onions are limp.

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beef & vegetables on polenta

SERVES 4

ACTIVE: 10 MIN TOTAL: 23 MIN

- 3 cups water
- $\frac{3}{4}$ cup cornmeal
- $\frac{1}{2}$ tsp salt
- $1\frac{1}{2}$ tsp olive oil
- 1 large zucchini, quartered lengthwise, sliced
- 1 package (8 oz) sliced mushrooms
- 8 oz lean ground beef
- $\frac{1}{2}$ cup dry white wine (optional)
- 1 tsp chopped fresh (or $\frac{1}{2}$ tsp dried) rosemary
- 1 tsp minced garlic
- 1 jar (25 to 26 oz) marinara sauce
- $\frac{1}{3}$ cup grated Parmesan

1. Mix water, cornmeal, and salt in a 2-qt microwave-safe bowl. Cover with vented plastic wrap and microwave on high, whisking twice, until thick and smooth (about 10 minutes).

2. Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Sauté zucchini and mushrooms 5 minutes, stirring often, until tender. Transfer to a serving bowl.

3. Add beef to skillet; cook, breaking up with a wooden spoon, until browned, about 3 minutes. Stir in wine (if using), rosemary and garlic; cook 1 minute. Stir in marinara and bring to a simmer.

4. Add zucchini and mushroom mixture; heat through. Stir Parmesan into polenta. Spoon polenta onto plates and top with sauce.

Per serving: 440 cal, 22 g pro, 54 g car, 7 g fiber, 15 g fat (5 g sat fat), 46 mg chol, 1,192 mg sod

italian orzo & beef stuffed peppers

SERVES 4

ACTIVE: 10 MIN TOTAL: 35 MIN

- 4 large bell peppers, halved lengthwise through stem, seeded
- Nonstick spray
- $\frac{1}{2}$ cup orzo pasta
- 8 oz lean ground beef
- 1 cup chopped onion
- 2 tsp each fennel seeds and oregano
- 1 can (14.5 oz) diced tomatoes with garlic
- $\frac{1}{2}$ cup diced part-skim mozzarella

Garnish: chopped basil (optional)

1. Heat broiler. Line a rimmed baking sheet with nonstick foil. Put peppers cut side down in pan; coat peppers with nonstick spray.

2. Broil 12 minutes, turning once, until lightly charred and tender. Reduce oven temperature to 400°F.

3. Meanwhile bring a medium pot of lightly salted water to a boil. Add orzo and cook as package directs; drain.

4. While pasta cooks, coat a large nonstick skillet with nonstick spray; heat over medium heat. Add beef, onion, fennel seeds and oregano. Cook 6 minutes, breaking up meat with a wooden spoon, until beef is browned and onions are tender. Remove from heat.

5. Add orzo, tomatoes with their juices, and mozzarella to skillet; toss to mix, then fill peppers. Bake 5 minutes or until cheese melts. Sprinkle with basil. ►

Per serving: 328 cal, 22 g pro, 36 g car, 6 g fiber, 11 g fat (5 g sat fat), 46 mg chol, 437 mg sod



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chipotle-orange bbq meatballs MAKES 30 ACTIVE: 15 MIN TOTAL: 22 MIN

- 12 oz lean ground beef
- ½ cup crushed tortilla chips
- ½ cup chopped cilantro
- ⅓ cup sliced scallions
- 1 large egg
- 1 tsp each cumin, oregano and minced garlic
- ⅔ cup chipotle or regular barbecue sauce
- 1½ tsp grated orange zest
- ¼ cup orange juice



Per meatball: 43 cal, 3 g pro, 4 g car, 0 g fiber, 2 g fat (1 g sat fat), 14 mg chol, 90 mg sod

1. Using your hands, mix beef, chips, ⅓ cup of the cilantro, the scallions, egg, cumin, oregano and garlic in a medium bowl until well combined. Form into 30 balls (about 1 Tbsp each).
2. Coat large nonstick skillet with nonstick spray; heat over medium heat. Add meatballs; increase heat to medium-high and cook 5 to 7 minutes, turning frequently, until browned and cooked through.
3. Add barbecue sauce, orange zest and juice, and remaining cilantro to skillet. Cook, tossing, over low heat until meatballs are coated. Transfer to serving bowl and serve with toothpicks.

greek cigars MAKES 28 ACTIVE: 40 MIN TOTAL: 1 HR

- 8 oz lean ground beef
- ½ cup finely chopped onion
- 1 pkg (10 oz) frozen leaf spinach, thawed, drained and coarsely chopped
- ½ tsp each salt and ground nutmeg
- ¼ tsp pepper
- 3 oz crumbled feta cheese (about ½ cup)
- 3 Tbsp chopped fresh dill
- 1 roll fillo (½ a 1-lb box; we used Athens), thawed
- ½ cup melted butter
- 1 cup plain yogurt



Cut in half to make two 6 x 4-in. rectangles.

1. Heat medium skillet over medium-high heat. Add beef and onion; cook 3 minutes, breaking up meat, until no longer pink. Add spinach, ¼ tsp salt, the nutmeg and pepper; cook 2 minutes. Remove from heat; stir in feta and 1 Tbsp dill until well blended.
2. Heat oven to 400°F. Line a 15 x 10-in. baking pan with foil; coat with nonstick cooking spray. Unfold fillo. Lay a sheet, with short side facing you, on work surface; keep remaining sheets covered with plastic wrap topped with a damp towel. Lightly brush top half of fillo sheet with butter. Fold unbuttered half on top of buttered half to make a 6 x 8-in. rectangle and brush again.

3. Place 1 Tbsp filling along a short side of one rectangle; roll up into a tight cylinder. Place on baking pan, seam side down; brush with butter. Repeat.

4. Bake 12 minutes or until golden. Meanwhile, stir remaining 2 Tbsp chopped dill and ¼ tsp salt with yogurt in small bowl. Serve cigars warm with yogurt-dill sauce.

Per cigar: 86 cal, 3 g pro, 5 g car, 0 g fiber, 6 g fat (3 g sat fat), 18 mg chol, 163 mg sod

(See how-to at womansday.com/meat)

steamed chinese dumplings MAKES 42 ACTIVE: 30 MIN TOTAL: 1 HR

Dumplings

- 12 oz lean ground beef
- 1 can (8 oz) sliced water chestnuts, drained and chopped
- ⅓ cup sliced scallions
- 1 Tbsp each minced garlic and ginger
- 1 Tbsp each lite soy sauce and rice wine vinegar
- 1 pkg (12 oz) wonton wrappers

Dipping Sauce

- ½ cup each lite soy sauce and rice wine vinegar
- 2 Tbsp sliced scallions
- 1 tsp each minced ginger, dark sesame oil and sugar
- ¼ tsp crushed red pepper flakes



1. **Dumplings:** Put a steamer basket into a large nonstick skillet. Add just enough water to almost come up to the bottom of the basket. Line a baking sheet with foil or wax paper. Fill a small bowl with water.

2. Combine beef, water chestnuts, scallions, garlic, ginger, soy sauce and vinegar in a bowl. Mix with your hands or a wooden spoon until blended.

3. Put 4 wonton wrappers on work surface. Place 1 heaping tsp beef mixture in center of each. Dip your finger in bowl of water and run it along edges of wrappers. Bring up 1 set of opposite corners of wrapper over filling and pinch to seal. Bring up other set of opposite corners and pinch to seal. Place on prepared baking sheet. Repeat with remaining filling and wrappers.

4. Put as many dumplings as will fit in an even layer in steamer basket. Cover and steam 10 to 12 minutes until dough is tender and center is cooked through (you'll need to cut one open to check). Remove dumplings and repeat with remaining dumplings. (If the first batch cools off before serving, they can be reheated in microwave.)

5. **Dipping Sauce:** Stir all ingredients in a small bowl until blended and sugar dissolves. Serve with dumplings. **wd**

Per dumpling: 44 cal, 2 g pro, 6 g car, 0 g fiber, 1 g fat (0 g sat fat), 6 mg chol, 245 mg sod

sicilian chicken with zucchini



flank steak with asian slaw



swordfish with olive tapenade



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flank steak with asian slaw

SERVES 4 (WITH LEFTOVER SLAW)

ACTIVE: 30 MIN TOTAL: 30 MIN
(PLUS AT LEAST 1 HR MARINATING STEAK)

- | | |
|---------------------------------------------------------------------|-----------------------------------------------------------------|
| 1 bottle (8 oz) sesame-ginger vinaigrette | 4 oz snow peas, strings removed, cut in narrow strips (1½ cups) |
| 1 Tbsp minced garlic | |
| 1½ lb flank steak | 1½ cups bagged shredded carrots |
| ½ head Napa cabbage, thinly sliced (6 cups), or 6 cups coleslaw mix | ½ cup thinly sliced scallions |
| 1 red bell pepper, thinly sliced | 3 Tbsp cider vinegar |
| | Garnish: toasted sesame seeds |

1. Mix ½ cup vinaigrette and the garlic in a gallon-size zip-top bag. Add steak, seal bag and turn to coat. Refrigerate 1 hour or overnight.

2. Heat grill. Meanwhile, put remaining ingredients in a bowl. Add remaining ½ cup vinaigrette; toss to mix and coat.

3. Remove steak from bag and place on grill (discard marinade). Grill, turning once, 12 to 14 minutes for medium-rare. Remove to a cutting board; let rest 5 minutes before slicing across the grain. Garnish salad; serve with the steak.

Per serving: 493 cal, 36 g pro, 19 g car, 4 g fiber, 30 g fat (7 g sat fat), 85 mg chol, 490 mg sod

Woman'sDay womansday.com

sicilian chicken with zucchini

SERVES 4

ACTIVE: 12 MIN TOTAL: 30 MIN

- | | |
|--------------------------------------|-------------------------------------|
| 4 navel oranges | 3 Tbsp sliced mint |
| ¼ cup olive oil & vinegar dressing | 4 small zucchini, halved lengthwise |
| 4 chicken breast halves | Nonstick spray |
| ⅓ cup halved, pitted Kalamata olives | ¼ tsp each salt and pepper |
| ¼ cup thin-sliced red onion | 1 bag (4 to 5 oz) baby arugula |

1. Squeeze juice from 1 orange (should yield ½ cup). Pour ¼ cup juice and 2 Tbsp dressing into a zip-top bag. Add chicken, seal bag and marinate at room temperature 15 minutes.

2. Meanwhile, heat grill. Remove peel and white pith from remaining 3 oranges. Cut in half and slice. Put into a bowl; add olives, onion, mint, and remaining juice and dressing; toss.

3. Coat zucchini with nonstick spray; sprinkle with salt and pepper. Remove chicken from marinade; discard marinade.

4. Grill chicken and zucchini 8 to 10 minutes, turning once, until chicken is cooked through and zucchini is tender.

5. Divide arugula among 4 serving plates. Top with chicken, then orange mixture. Serve with zucchini.

Per serving: 352 cal, 42 g pro, 22 g car, 4 g fiber, 10 g fat (2 g sat fat), 99 mg chol, 509 mg sod

Woman'sDay  heart-healthy (see womansday.com/hearthealthy)

swordfish with olive tapenade

SERVES 4

ACTIVE: 10 MIN TOTAL: 28 MIN

- | | |
|---------------------------------------|---------------------------------------|
| 4 swordfish steaks (¾ to 1 in. thick) | ¼ cup tapenade (bottled olive spread) |
| 2 tsp olive oil | 1 pt grape tomatoes, halved |
| ½ tsp each salt and pepper | |
| 4 cups arugula or baby spinach | |

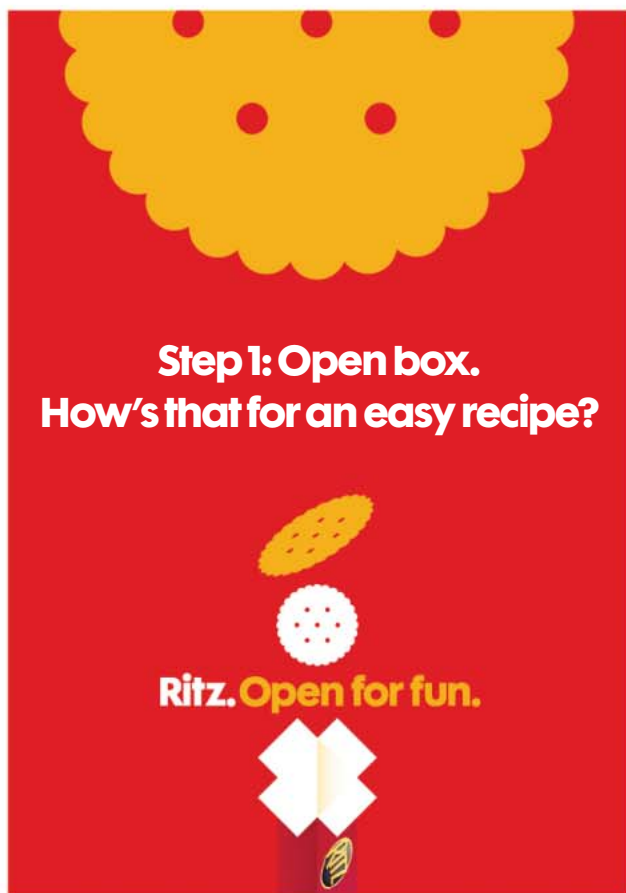
1. Heat grill. Brush fish with oil; sprinkle with salt and pepper.

2. Grill, turning once, 8 to 10 minutes, until fish is just cooked through.

3. Divide arugula among 4 serving plates. Add swordfish; top each piece of fish with 1 Tbsp olive spread. Scatter tomatoes on top.

Per serving: 274 cal, 32 g pro, 5 g car, 1 g fiber, 13 g fat (2 g sat fat), 59 mg chol, 831 mg sod

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Ritz Jumble

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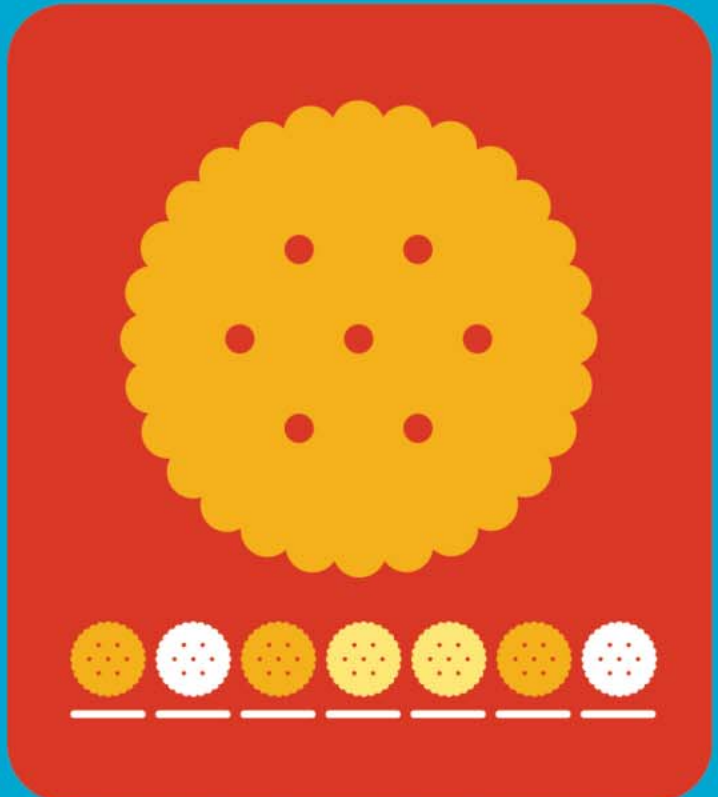
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Ritz. Open for fun.





fruity finish

Round out a summer meal with this quick-to-fix recipe that takes advantage of summer fruits at their peak.

SERVES 4

ACTIVE: 3 MIN TOTAL: 7 MIN

- 2 ripe nectarines (you can also use peaches or plums)
- 2 tsp butter
- 4 tsp sugar, divided
- 1/3 cup part-skim ricotta
- 1/4 tsp cinnamon

Garnish: honey and mint

1. Cut nectarines in half and remove pits.
2. In a nonstick skillet, melt butter and 2 tsp sugar over medium heat. Place nectarines cut side down; cook 1 to 2 minutes until cut side of fruit is lightly caramelized. Divide among 4 plates.
3. In a small bowl, combine ricotta, remaining 2 tsp sugar and the cinnamon. Spoon ricotta mixture onto nectarines; top with a drizzle of honey and a mint sprig.

Per serving: 112 cal, 3 g pro, 18 g car, 1 g fiber, 4 g fat (2 g sat), 11 mg chol, 39 mg sod



choosing a melon

Not sure which melon in the bunch is ripe? Here's how to find out.

CANTALOUPE Look for an indented stem end; this means the melon came off the vine at the proper time (not too early).

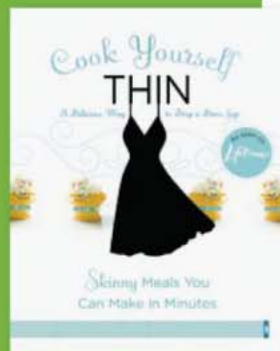
HONEYDEW You want a smooth rind that is white, yellow or pale green. A ripe honeydew should have a slightly fruity aroma and be soft at the stem end.

WATERMELON If it sounds hollow when you give it a good thump, it's ripe. Look for a firm, nicely shaped melon that has a creamy yellow underside where the melon had lain on the ground long enough to ripen.



GET SKINNY

We're excited about the new series *Cook Yourself Thin*, premiering Monday, July 6 on Lifetime Real Women. Food experts will show you how to make delicious, healthy meals. The companion cookbook (Hyperion; \$20) has dozens of recipes, and you can cook along at home.



Can avocados be cooked?

Adding heat to avocados gives them a creamier flavor, but they shouldn't be cooked through. Try grilling: Cut them in half and remove the pit. Brush cut sides of the fruit with lemon juice, then vegetable oil. Grill 1 minute or until warmed.

Want to chat about all things cooking-related? Join Jackie at womansday.com/radiowd every Tuesday at noon ET. **radioWD**



PAM HELPS YOU PULL IT OFF™



BLUEBERRY STREUSEL MUFFINS

SHOWN ON PAGE 121 | MAKES 6 JUMBO MUFFINS | ACTIVE: 30 MIN | TOTAL: 70 MIN

1¾ cups all-purpose flour

1 cup blueberries

¼ cup yellow cornmeal

2 tsp baking powder

½ tsp salt

¾ cup sugar

2 large eggs

½ cup milk

⅓ cup (5 Tbsp plus 1 tsp) unsalted butter, melted

3 Tbsp lemon juice

Streusel

⅔ cup all-purpose flour

⅓ cup packed light brown sugar

½ tsp ground cinnamon

¼ cup (4 Tbsp) unsalted butter, softened

Drizzle

½ cup confectioners sugar

2 to 2¼ tsp milk

1. Heat oven to 375°F. Line 6 jumbo-size muffin cups with paper liners or coat with nonstick cooking spray.

2. **Make Streusel:** With fork or fingers, mix flour, brown sugar and cinnamon in a bowl. Add butter until blended and crumbly.

3. Place flour in medium bowl. Remove 1 Tbsp and toss with blueberries in a small bowl. To remaining flour, add yellow cornmeal, baking powder and salt; mix well. In another bowl, whisk sugar with eggs, milk, melted butter and lemon juice.

4. Stir wet ingredients into dry ingredients until just blended; fold in blueberries.

5. Spoon about ½ cup batter into each muffin cup; crumble streusel on top. Bake 30 minutes or until wooden pick inserted in centers comes out clean. Let cool 5 minutes in pan, remove muffins from pan and cool on wire rack.

6. **Make Drizzle:** Mix ½ cup confectioners' sugar and 2 to 2¼ tsp milk until smooth and pourable. Drizzle over muffins.

Per muffin: 605 cal, 9 g pro, 97 g car, 2 g fiber, 21 g fat (12 g sat fat), 120 mg chol, 417 mg sod

SEASIDE COOKIES

SHOWN ON PAGE 26 | MAKES ABOUT 1½ DOZEN | ACTIVE: 45 MIN | TOTAL: 3 HR

2 sticks (1 cup) unsalted butter, softened

1 cup sugar

½ tsp salt

2 large eggs

2 Tbsp light corn syrup

4 tsp vanilla

4½ cups all-purpose flour

Decorating Icing (recipe follows)

You'll also need: 5- to 6-in. lobster and crab cookie cutters and a 3- to

4-in. starfish cookie cutter; blue,

red and black food colors; coarse

sugar; white nonpareils

1. Beat butter, sugar and salt in a bowl with mixer on medium-high until light and fluffy, 3 minutes. Reduce speed to medium; add eggs and beat until combined. Beat in corn syrup and vanilla. Reduce speed to low; gradually add flour until blended. Shape dough into 4 disks, cover and refrigerate 1 hour.

2. Heat oven to 350°F. Roll out dough to ¼ in. thick. Cut out shapes using cookie cutters. Bake for 12 to 14 minutes until cookies are golden. Cool on rack.

3. Divide icing into bowls. Tint some red, some blue and a tiny bit black (leave some white). Spread red icing on lobster, blue on crab and white on starfish. Sprinkle starfish with nonpareils and coarse sugar. Let cookies dry 1 hour.

4. Add some white icing to a small zip-top bag or pastry bag fitted with a #4 tip. Pipe outlines on lobster and crab cookies. Using black icing, pipe small dots for eyes. Let stand about 1 hour or until dry.

Decorating Icing: Beat 1 lb confectioners' sugar (3¾ cups) and ¼ cup Just Whites (powdered egg whites) in bowl with mixer on low speed. Beat in ⅓ cup water. Increase speed to high; beat 5 minutes or until very thick.

Note: If icing is too thick to spread, add a few drops of water.

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♥ heart-healthy
(see womansday.com/hearthealthy)

SHOPPER'S GUIDE

HOW TO 12: Aéropostale sundress; aeropostale.com **THREE CHEERS! 18:** Target ice bucket; target.com Caspari cups, napkins and plates; platesand-napkins.com Stirrings soda; stirrings.com Preserve cutlery; planitgreenhome.com UncommonGoods condiment set; uncommongoods.com Zak Designs tray; amazon.com/home **HAIR AFFAIR 54:** H&M dress; hm.com for stores. Ali Ro top; 877-551-SAKS for stores. Joy O Designs earrings; joyodesigns.com JCPenney earrings and top; jcp.com for stores. **HEALTH 63:** Echo tunic; echodesign.com **NO MORE BELLY! 84:** Prana top; prana.com So Low pants; solowstyle.com Avia sneakers; avia.com

JULY

A helpful day-to-day meal planner. Each meal serves four people.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			ASIAN PORK WRAPS EDAMAME Cut pork cutlets into strips. Panfry in a little oil. Add coleslaw mix and some hoisin sauce to coat; heat. Sprinkle with sliced scallions and chopped nuts. Roll in warmed flour tortillas.	BEEF KEBABS TABBOULEH Cut sirloin steak into cubes. Marinate beef cubes, whole mushrooms, onion chunks and cherry tomatoes in bottled vinaigrette. Assemble on skewers and grill until cooked through.	TILAPIA VERACRUZ YELLOW RICE Add one diced avocado to 1 cup chipotle-flavored salsa. Serve over grilled or broiled tilapia.	FOURTH OF JULY BURGERS & HOT DOGS COLESLAW CORN ON THE COB Add sliced mango and chopped cilantro to purchased coleslaw.
PLANNED LEFTOVERS GRILLED CHICKEN (cook extra for Tues) POTATO SALAD GRILLED ZUCCHINI & SQUASH Marinate chicken in ¼ cup olive oil; 2 Tbsp lime juice; 2 tsp each minced garlic, cumin and oregano; and ½ tsp salt before grilling.	MEATLESS MONDAY GAZPACHO GRILLED CHEESE SANDWICHES Stir finely chopped onion, cucumber, tomatoes and yellow pepper into puréed chilled canned tomatoes. Season with salt and pepper.	CURRIED CHICKEN SALAD WITH CANTALOUPE WEDGES TOASTED PITA Shred chicken (from Sun). Mix with raisins, sliced celery and scallions, plain yogurt, a little honey and curry powder.	PASTA & VEGETABLES GARLIC BREAD Cook pasta, adding sliced asparagus in the last 3 minutes of cooking; reserve ½ cup cooking water. Sauté sliced mushrooms in a little olive oil; add sliced zucchini and sliced shallots. Toss with pasta and reserved water.	SHRIMP SAUTÉ RICE & BEANS Sauté 1 cup each chopped onion and bell pepper until soft. Add 1½ cups chicken broth, 2 Tbsp each minced garlic and lemon juice, and ¼ tsp paprika. Bring to a simmer. Add 1½ lb shrimp; simmer until cooked.	LAYERED ROAST BEEF SALAD WARMED FLATBREAD In a glass bowl, layer shredded lettuce, sliced tomatoes and cucumbers, canned artichokes, strips of deli roast beef, and cheese. Top with ranch dressing mixed with a little horseradish.	SWORDFISH WITH TOMATO & OLIVE PESTO GREEN SALAD Stir ¼ cup chopped Kalamata olives into ½ cup sun-dried tomato pesto. Thin with a little lemon juice; spoon on fish before baking.

If July had an official cracker, we'd be it.

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PLANNED LEFTOVERS CAJUN GRILLED LONDON BROIL (cook extra for Tues) PESTO GREEN BEANS & POTATOES Rub steak with Cajun spice rub; grill. Toss cooked green beans and potatoes with basil pesto and chicken broth to moisten.	MEATLESS MONDAY MEDITERRANEAN TUNA SALAD TOASTED PITAS Toss 12 oz drained canned tuna with 16 oz drained canned chickpeas, 1 pt grape tomatoes, salad greens and Greek salad dressing.	PHILLY CHEESESTEAK SANDWICHES COLESLAW Sauté sliced onions in a little oil. Thinly slice London broil (from Sun). Layer on toasted split hero rolls with onions and American cheese slices. Broil to melt cheese.	BALSAMIC CHICKEN BUTTERED ORZO & PEAS Sauté seasoned chicken cutlets in olive oil until cooked through. Remove to a plate. Add sliced red onions; cook until soft. Drizzle with balsamic vinegar. Serve over chicken.	FISH FILLET COBB SALAD Cook frozen breaded fillets as pkg directs. Cut into pieces. Arrange salad greens, chopped hard-cooked egg, bacon pieces, tomato and avocado slices, and crumbled blue cheese on plate; top with fish pieces and ranch dressing.	ROASTED SAUSAGE & PEPPERS SLICED POLENTA SAUTÉED YELLOW SQUASH Roast sausage and wedges of bell peppers and onions until browned and cooked. Slice sausage before serving.	GRILLED CHICKEN MACARONI SALAD CORN ON THE COB Marinate chicken in olive oil, minced garlic and lemon juice before grilling.
PLANNED LEFTOVERS BBQ PORK TENDERLOIN (cook extra for Tues) GREENS WITH AVOCADO Mix 1 cup barbecue sauce with 2 tsp orange zest; reserve ¼ cup. Marinate two 12-oz pork tenderloins and grill.	PASTA WITH NO-COOK TOMATO SAUCE GREEN SALAD Mix 4 chopped ripe tomatoes, ¼ cup chopped fresh basil, 2 Tbsp each olive oil and fresh lemon juice, 2 tsp minced garlic, and salt and pepper to taste. Toss with cooked pasta and mozzarella balls.	BBQ PORK & COLESLAW SANDWICHES FRENCH FRIES Heat sliced pork (from Sun) with 1 cup barbecue sauce; heat through. Toast hamburger buns. Top bottoms of buns with pork and coleslaw, then cover with bun tops.	PASTA & TUNA SALAD Whisk ¼ cup each red wine vinegar and olive oil, 2 Tbsp honey Dijon mustard and some salt with drained oil from canned tuna. Toss cooked pasta with tuna, chickpeas, chopped tomatoes and red onion, and dressing.	SHRIMP TACOS AVOCADO SALAD Sprinkle peeled and deveined shrimp with jerk seasoning. Cook in a little oil. Serve with warm taco shells, lettuce, salsa and sour cream.	STEAK & BREAD SALAD CORN ON THE COB Toss sliced cooked steak with toasted sliced French bread cut in cubes, baby spinach, tomato chunks, sliced red onion, ricotta salata cheese and Italian dressing.	LINGUINE WITH CLAM SAUCE TOMATO SALAD Sauté minced garlic in olive oil until fragrant. Add grape tomatoes; heat until they just begin to burst. Add canned clam sauce; heat through. Toss with cooked pasta.
PLANNED LEFTOVERS GRILLED CHICKEN (cook extra for Tues) GRILLED VEGETABLES Rub chicken pieces with a mixture of 1 Tbsp chili powder and 1 tsp each dried oregano, garlic powder and salt before grilling.	MEATLESS MONDAY CHEESE TORTELLINI & VEGGIE SALAD Cook tortellini, adding broccoli florets in the last 3 minutes of cooking; drain. Toss with sliced red bell peppers, red onions, pitted Kalamata olives, chopped parsley and a vinaigrette.	CHICKEN & VEGETABLE WRAPS Shred chicken (from Sun); mix with canned corn, black beans, chopped tomatoes and shredded romaine lettuce. Toss with salsa. Roll up in warmed flour tortillas.	PORK CHOPS WITH PINEAPPLE SALSA SWEET POTATO FRIES COLESLAW Mix diced pineapple with chopped cilantro and red onion. Add minced jalapeño pepper to taste.	BREADED SCALLOPS RICE PILAF SAUTÉED ZUCCHINI Roll 1 lb sea scallops in 3 Tbsp cornmeal and ½ tsp each of paprika, cumin and salt. Cook in a little oil 3 minutes, turning once.	GRILLED STEAK ROASTED PEPPER & ARUGULA SALAD Whisk 4 Tbsp extra-virgin olive oil with 2 Tbsp balsamic vinegar, ½ tsp salt and pepper. Toss arugula with sliced roasted peppers and dressing; top with thinly shaved Parmesan.	WEB EXTRA For a printable version of this page and weekly shopping lists, go to womansday.com/menus



smoky shrimp & chorizo

1

6 oz fully cooked chorizo sausage (2 links), cut in 1/4-in. slices



2

1 bag (16 oz) frozen corn, black bean, tomato, green pepper and onion mixture (Latino Blend)



3

2 bags (8.5 oz each) frozen honey chipotle shrimp



SERVES 5

ACTIVE: 5 MIN TOTAL: 20 MIN

Heat 2 tsp oil in large skillet over medium heat. Add chorizo to skillet; sauté 3 minutes or until browned.

Add frozen vegetables and 1/4 cup water to skillet. Cover, reduce heat and simmer 10 minutes or until tender and heated through.

Meanwhile, microwave each bag of shrimp as package directs. Remove skillet from heat. Add shrimp and their liquid to skillet; stir. Serve over rice with wedges of lime. Garnish with chopped cilantro, if desired.

Per serving: 404 cal, 29 g pro, 22 g car, 4 g fiber, 22 g fat (8 g sat fat), 166 mg chol, 778 mg sod

DIFFERENT TAKES

► Stir in cubed sweet pineapple or mango with shrimp.

► Instead of the veggie blend, stir in a rinsed can of beans, a can of diced tomatoes and a box of frozen peas. Omit the water.

► Substitute Italian sausage and frozen Italian blend veggies for chorizo and Latin vegetables. Serve over cooked linguine.



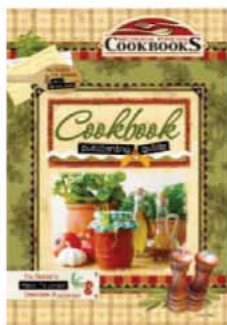
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simple inspirations



"Courage is like a muscle.
We strengthen it with use."

Ruth Gordon

"Everyone is your best friend
when you are successful. Surround
yourself with people that you
are not afraid of failing with."

Paula Abdul

"The way to get started is to quit talking and begin doing."

Walt Disney

"It's not what you do once in a while. It's what you do day
in and day out that makes a difference." Jenny Craig

"Life loves to be taken by the lapel and told: 'I'm with
you, kid. Let's go.'" Maya Angelou

"So many of our dreams at first seem impossible, then they seem
improbable, and...soon they become inevitable." Christopher Reeve

Get wise words each weekday at dailywd.womansday.com

Woman's Day (ISSN 0043-7336) (USPS 689-640), July 7, 2009, volume #72, issue #12, is published 17 times a year, monthly, except semimonthly in February, April, June, September and November by Hachette Filipacchi Media U.S., Inc., 1633 Broadway, New York, NY 10019. Periodicals postage paid at New York, NY 10001 and additional mailing offices. Authorized periodicals postage by the Post Office Department, Ottawa, Canada, and for payment in cash. POSTMASTER: Send change of address to *Woman's Day*, PO Box 56032, Boulder, CO 80322-6061. Rates for 17 issues: U.S. \$15.00; Canada \$38.00 (includes 5% GST); all foreign \$48.00. U.S. military personnel overseas (APO/FPO) \$15.00. PRINTED IN U.S.A. If the postal services alert us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within one year.

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